

HALIFAX

metro

®

NEWS
WORTH
SHARING.

DROWNING IN DEBT?



Reach Out.

wbli > INSOLVENCY
CONSULTANTS

902 482 2000 • www.wbli-bankruptcy.ca

Keeping well
for 250 yearsHalifax Common celebrating
anniversary with sports,
music and meditation **PAGE 3**WHO IS THAT
MASKED MAN?IT'S ZACH FUCALE,
PAYING HOMAGE TO
MOOSEHEADS, HALIFAX
WITH NEW HELMET**PAGE 29**Share tales Of
Monsters & Men

Music First



MACKINNON SHINES

Cole Harbour's Nathan MacKinnon smiles at a teammate on the Colorado Avalanche as he steps into the faceoff circle against the Anaheim Ducks in the first period of NHL action on Wednesday night. MacKinnon recorded two assists in his NHL debut and played over 15 minutes as Colorado beat the Ducks 6-1. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Sleeping out to
raise awareness

'Nobody chooses to be there.' Mayor, police chief to sleep under the stars to shine light on Halifax homelessness

HALEY
RYAN

haley.ryan@metronews.ca

The head of Shelter Nova Scotia said it's easy for everyone to make a difference in HRM's homeless situation — and all it takes is a smile.

On Saturday night, Mayor Mike Savage will join Halifax Regional Police Chief Jean-Michel Blais and dozens of others on the lawn of the HRP headquarters on Gottingen Street for Sleep-Out For Change.

Don Spicer, executive director of Shelter Nova Scotia, said the overnight event will have a "table-top discussion without the tables" as every-

In numbers

2,000

Number of homeless people in HRM on any given day.

one shares their views on the causes of homelessness and how to address them.

Representatives from the housing sector, people from "all walks of life" and mental-health experts such as Dr. Stan Kutcher are also participating, he said.

"We could have a good idea, but when we discuss it with a diverse group ... it can turn into a great one," Spicer said.

Savage said on Wednesday that he's looking forward to discussing what role the council and city could play in housing and isn't worried about sleeping outdoors with just a piece of cardboard and a sleeping bag.

"I'm sure it'll be uncom-

fortable, but at the end of the day, that's what it's supposed to be," Savage said.

Spicer said it's important to discuss how people experience homelessness and to examine our own perceptions of why they're there.

"It is a very complex issue and it's people from all walks of life, and there's a number of reasons how they end up in the situation they're in," Spicer said. "Nobody chooses to be there."

Spicer said anyone could make a difference by smiling and saying hello to the person on the corner asking for change.

"People tend to want to look away ... because they don't feel comfortable," Spicer said. "(But) it dehumanizes them. It's almost like they're invisible."

"Everything that we do to help build someone's self esteem, the better position they're in to make a difference in their own lives," he added.

Get Ready, Get Set, Go!

Don't settle for anything less than your dream job. Get the training you need to jumpstart your new career in just 14 months.

- Child & Youth Care Worker
- Paralegal Plus Program
- Counselling Skills
- Business Administration Program
- Medical & Dental Administrator
- Correctional and Policing Foundations
- IT Specialist
- Travel & Tourism
- Interior Decorating

Success College
Get Ready.

Limited seating available. Call today!

1.888.809.2472
SuccessCollege.ca

porter
flying refined

With Porter, no snack-packing is required.

When you fly with Porter, you'll receive complimentary beer, wine and snacks on your journey, even if it's just a short little jaunt. We believe in providing thoughtful, friendly customer service that allows our passengers to leave their worries – and snacks – behind.



Flights from Halifax: Book by October 9, 2013. One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.* Fares starting from:

MONTREAL 3 x daily \$201	OTTAWA 5 x daily \$212	TORONTO 6 x daily \$218	ST. JOHN'S 3 x daily \$132	SAULT STE. MARIE \$327	SUDBURY \$321	TIMMINS \$321	THUNDER BAY \$327	WINDSOR \$321
CHICAGO \$489	WASHINGTON Dulles \$489	Book online, call 1-888-619-8622 or contact your travel agent. TTY – Dial "711".						

ALL-IN
PRICES

flyporter.com

NEW!

porter
Escapes

Save on air & hotel packages at porterescapes.com**

* Book by 11:59 pm Eastern Time October 9, 2013. Travel by February 12, 2014. Up to 21 day advance purchase may be required. Advertised fares may not be available December 17, 2013 to December 25, 2013 and January 1, 2014 to January 6, 2014. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

Living like Common people

Anniversary. Popular Halifax green space turning 250, with weekend events planned



HALEY RYAN
haley.ryan@metronews.ca

On a warm, sunny afternoon in the Halifax Common you'd expect to see couples lounging on the grass, a woman walking her dog or a cricket team warming up.

But more than 200 years ago, moose drank from the fresh-water brook that ran through the central Common. Groups of Mi'kmaq also stopped beside Black Duck Lake, now at the bottom of the skate park.

Friday through Sunday,

Common knowledge

A timeline from information on the Friends of the Halifax Common website:

- **1763:** King George III grants 240 acres of land "for the use of the inhabitants of the Town of Halifax forever."
- **1875:** Public Gardens established by the city.
- **1922:** Grace Maternity Hospital built on Summer Street & University Avenue.
- **1946-66:** North Common used by Halifax Harness Horse Racing Club.
- **1966-69:** Central Common developed for the Canada Games.
- **1998:** New Halifax Infirmary opens.
- **2006:** Rolling Stones concert.
- **2009:** Paul McCartney concert.
- **2011:** Halifax hosts Canada Winter Games, installs popular skating oval.
- **2013:** 250th-anniversary celebrations.

everyone is invited to the 250th-anniversary party for the oldest urban common in

the country.

"People walk across it, they meet people there and they

Quoted

"They need to keep it as long as they can."

Curtis Sutton, out enjoying the Halifax Common on Wednesday

know about things going on," said Peggy Cameron, co-chair of Friends of the Halifax Common, which is hosting the event. "We really share an interest in the Common."

Cameron said aside from the original brook and lakes on the Common, the people of Halifax were glad to have a place to "pasture their animals" and find wood.

Since King George III granted the land to Halifax in 1763, the original 240 acres have shrunk to 30 with the addition of things like the Public Gardens, graveyards and hospitals.

For Curtis Sutton and Courtney Abbott, the Common is a great place to hang out with friends or take their rabbit, Mo.

"It's definitely the best spot this side of Halifax harbour to hang out in, especially downtown," Sutton said Wednesday afternoon.

Kate Chisholm said the Common Roots farm is her favourite because the 199 community plots give "green space for people that normally wouldn't have it."

"Even if you ride by in a city bus, you get the pleasure of looking out at public open space," Cameron said. "It's not just common land, it's also the common view."

Visit halifaxcommon.ca to check out the full list of activities, which include guided tours of the Common, live music, meditation, sports and public art.



People head through the Halifax Common on Wednesday. The Common celebrates its 250th anniversary this weekend. JEFF HARPER/METRO

1 NEWS



One Night. One Mission.

Light The Night is an annual walk and fundraising event - a night of solidarity and hope. This event supports people battling blood cancer and paying tribute to those claimed by it. Friends, families and supporters gather holding illuminated lanterns - red for supporters, white for survivors and patients and gold to remember lost ones.

Our mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.

**WALK AS IF YOUR LIFE DEPENDS ON IT.
WALK BECAUSE SOMEONE'S DOES.**

Join us

Saturday, October 19

Garrison Grounds @ 5:30p.m.

REGISTER TODAY AT

LIGHTTHENIGHT.CA/HAL

422-5999



LEUKEMIA &
LYMPHOMA
SOCIETY
OF CANADA

**LIGHT THE
NIGHT WALK**

Text to donate: **LTNHFX** to 45678

City staff support bringing water, sewer to Purcell's Cove

Nay. But most residents who attended a meeting don't want the services



RUTH DAVENPORT
ruth.davenport@metronews.ca

Residents of the Purcell's Cove area are urging Halifax regional councillors to take the necessary steps next week to end a pricey proposal to extend city sewer and water services into the quiet community.

"It's so crystal clear ... out of 185 people who attended (public-consultation meetings), there was only one who wanted central services," said Catherine McKinnon, chair of

the Purcell's Cove Area 1 Residents Action Committee on Wednesday.

A staff report on the Purcell's Cove Servicing Feasibility Study will come to the Halifax and West Community Council Monday evening with a recommendation to consider two options for service extension — one along Purcell's Cove Road, and one through the North Backlands.

McKinnon said the potential impact on the pristine Halifax Backlands is of immense concern — and not just to residents.

"Williams Lake is used not only by Purcell's Cove residents, but across the board," she said, noting that more than half of the participants at one public meeting were from outside the Purcell's

Cove area.

The estimated cost of the service extension options range from \$17,500 to \$61,500. But McKinnon said those numbers are based on a flawed property count, and the actual costs would be closer to \$130,000.

"They were including basically every PID in the area, which included water lots and rights-of-way and postage-stamp sized lots that you couldn't build on," she said, adding that city staff didn't respond to repeated requests for clarification.

Two councillors on the community council said they won't support moving forward with service extension.

Coun. Stephen Adams said he'd move to send the report to regional council with a recommendation to table it.

"It puts it on the shelf," he said. "For all intents and purposes, it kills it."

Coun. Wayne Mason said he'd support that motion, citing a lack of demand for the service.



Coun. Stephen Adams speaks during a recent Halifax regional council meeting. JEFF HARPER/METRO

Quoted

"The recommendations ... they're just cost prohibitive, they don't make sense."

Coun. Stephen Adams

Quarry, asphalt plant become election fodder in Tantallon



Coun. Matt Whitman JEFF HARPER/METRO

A prominent environmentalist says valid concerns about quarry and asphalt-plant locations are being distorted for political gain in one HRM riding.

"There's a whole set of issues which should be looked at, but not one week before the provincial election," said Geoff LeBoutillier of the St. Margaret's Bay Stewardship Association Wednesday.

A consortium of residents' groups took out a newspaper ad this week lambasting the NDP over the quarry and a nearby asphalt plant on Highway 103 in Tantallon.

"(The) Chester-St. Margaret MLA as well as the Minister of Natural Resources have stated they did not know of the permit for a quarry and asphalt plant until after the permit was issued," reads the ad. "Why would we re-elect MLAs who are ignored and forgotten by their own government?"

The permit for the asphalt plant was pulled after incumbent MLA Denise Peterson-Rafuse raised concerns with Natural Resources Minister Charlie Parker.

However, the quarry, located on private land, is still operating under an exemption

Quoted

"Here is pre-election posturing for partisan gain, and who's on the chopping block? Mother Nature."

Geoff LeBoutillier, St. Margaret's Bay Stewardship Association

permit for quarries servicing public road contracts.

Coun. Matt Whitman said he has concerns about heavy trucks crossing the highway, and still has questions about

how the plant was approved and then shut down.

"I'm still worried that it's not in the best interests of HRM," he said. "It was all done pretty secretly."

LeBoutillier said Peterson-Rafuse has a solid track record on environmental issues, and said political opponents are leveraging real concerns about assessments and public consultation to undermine that record.

"When environmental issues get clouded by partisan politics, Mother Nature suffers," he said.

RUTH DAVENPORT/METRO

Bite Down Little Whisper

Halifax poet up for national award

A Halifax poet is up for a prestigious national literary award. Don Domanski's Bite Down Little Whisper is one of five nominees in the English poetry category for the Governor General's Literary Awards, which were announced on Wednesday.

The collection looks into the interconnectedness of all life with spiritual gravitas and powerful mindfulness.

The Cape Breton-born Domanski has won this award before — back in 2007 for his collection All Our Wonder Unavenged.

The winners will be announced on Nov. 13 in Toronto, with a ceremony honouring them happening in Ottawa on Nov. 28. **METRO**

Zoo Revolution

Local filmmaker's doc airing on CBC

A local filmmaker is bringing giraffes, polar bears, rhinos and monkeys to Canadian television sets Thursday night.

Geoff D'Eon's new documentary, Zoo Revolution, airs on CBC this Thursday at 9 p.m. and investigates



A scene from Zoo Revolution CONTRIBUTED

the value of zoos in the 21st century.

The film features those

who believe zoos are a waste of resources better spent protecting the habitats of wild animals, as well as supporters who think zoos raise public awareness of the dangers some species face.

Famous scientist Jane Goodall also gives her view in the documentary, which documents parks, zoos and roadside attractions throughout Canada, the U.S., Europe and Australia. **METRO**

Treated at the scene

Woman struck on marked crosswalk

Police ticketed a 61-year-old man for failing to stop for a pedestrian in a crosswalk after an accident in Halifax on Tuesday night. A 77-year-old woman suffered minor injuries after she was hit at the intersection of Queen and Green streets. **METRO**

COROLLA

Like you've never seen it before.



You've seen Corolla many times. But we're sure you've never seen one quite like this.

Introducing the totally redesigned 2014 Corolla. A sleek, expressive exterior design is wrapped around a bold, spacious interior. Take a seat behind the wheel and you'll find impressive attention to detail, starting with its premium soft touch materials. And with a great list of technologically advanced features like a 6.1" Touchscreen Display Audio System with Voice Recognition, a Backup Camera and an available Moonroof that gives you a great view day or night – you'll have more reasons than ever to show it off. No matter how you look at it, it's still the car you can rely on. Only now, you can rely on it to turn a few heads also.

Corolla S shown.



toyota.ca

Big issue. NDP says health care main ballot-box question for election

Premier Darrell Dexter is attempting to frame Tuesday's provincial election as a choice between competing visions for the province's health-care system, saying it is the main issue facing voters.

Dexter returned to the familiar theme Wednesday in Halifax, attacking the Liberal plan to reduce administration by cutting the number of district health authorities from 10 to two.

"It is, I believe, the

fundamental question to be answered on Oct. 8," the NDP premier said.

Throughout the campaign, Dexter has said the Liberal plan would create chaos and result in a "super bureaucracy" that would only centralize decisions and drive up costs. The Liberals say the \$13 million they would save by cutting the health boards would be put back into frontline patient care.

Liberal Leader Stephen McNeil dismissed Dexter's ballot-box assertion, saying he believes voters will make their choice based on who they can trust to carry out their platform promises.

He said with anticipated changes to the federal funding formula for health care in 2015, there won't be as much money available for patient services, making the need to find efficiencies within the health system all the more important.

THE CANADIAN PRESS



Darrell Dexter JEFF HARPER/METRO

Results. Provincial parties given failing grades on environmental issues

The three major political parties in Nova Scotia have all received failing grades for environmental policy and performance in a report card handed out by the Nova Scotia Environmental Network.

A release from the group states the Liberals and NDP both received an F+ while the Progressive Conservatives received an F.

The overall grades were assigned based on parties' responses to 27 questions posed by member groups of the network. The release states there was a "large spread" in the grades given for specific

Head of the class

A-

The Nova Scotia Green Party got an A-

issues, with the parties receiving failing grades on some and A's on others.

"All parties with representatives in the legislature fell down badly when it came to commitments to action and making the environment a priority," states Barbara Markovits of Eastern Shore Forest Watch. RUTH DAVENPORT/METRO

Dartmouth

Charges laid after drugs found in residence

A 29-year-old man is facing charges after police say drugs were found during the search of a residence on Tuesday night in Dartmouth.

The search happened on Kennedy Drive and police

say officers found cocaine, Dilaudid pills and cash.

Three people were arrested — two men, 23 and 29, and a 28-year-old female.

The 29-year-old has been charged with drug possession for the purpose of trafficking and will appear in court at a later date.

The other two people were released without charges. METRO



Mayor gets a taste of working behind the cash register

Lee Elrhabi, left, and Derek Ross, right, help HRM Mayor Mike Savage learn the ropes at the Hydrostone Groceteria on Wednesday. The mayor was working a 20-minute shift as part of the Atlantic Convenience Store Association's Convenience Store Day. JEFF HARPER/METRO

Shell on track to drill off Nova Scotia

Banking on oil. But exploration still two years away, conference in Halifax hears

Shell Canada has completed 3D seismic imaging off Nova Scotia's southwestern shore, but the energy giant said Wednesday it will be at least two years before exploratory oil drilling begins as part of its \$970-million deepwater venture.

Randy Hiscock, manager of business development and new ventures, said the earliest drilling could take place in the Shelburne Basin in late 2015, and that depends on the

results of the seismic research, rig scheduling and getting the proper equipment in place.

"We feel pretty positive about the early results of the seismic program," Hiscock told the Maritimes Energy Association's annual conference in Halifax.

"As we get through the interpretation of that seismic (data), it will determine how and if and when we move forward. But I'm fairly confident that it's looking good."

In January 2012, Shell announced a six-year agreement to explore four deepwater areas about 200 kilometres from the province's southwest coast. At the time, its winning bid was the highest for exploration rights ever awarded in

At a glance

- Shell is a partner in the \$3-billion Sable offshore natural-gas project.
- Output from the project has been in decline for a decade, but Randy Hiscock, manager of business development and new ventures, said the company has no plans to divest. He said it's believed there's enough natural gas to last until 2018-19.

Atlantic Canada, until the company was topped by a record-setting bid from energy firm BP last November.

Hiscock said seismic work off Nova Scotia began in June and was completed last month, but there's no guarantee of oil until drilling begins.

But he was clear: Oil is what Shell is banking on.

"The sun is rising hopefully on a new day in offshore Nova Scotia," Hiscock said. "We look forward to getting some wells out, having some exploration success and being here for at least another 70, 80 or 90 years."

Last year, Shell said it would be difficult for the Calgary-based company to profit off a natural gas find in Nova Scotia, though Hiscock told reporters Wednesday it's not necessarily a deal-breaker.

THE CANADIAN PRESS

CBRM council setting sail with ferry proposal

Cape Breton Regional Municipality council believes a proposed pedestrian ferry service for Sydney Harbour holds water, and will advertise to see if there is a boat owner willing to provide the seasonal service as a pilot next summer.

Planner Rick McCready provided council members with an update on the CBRM's active-transportation plan, including

the shuttle, at a general committee meeting this week.

The idea for the ferry between Westmount and downtown Sydney arose during public workshops as the municipality began working on its active transportation study.

Councillors unanimously passed staff's recommendation to move ahead with attempting to identify an individual or non-profit group with access to a

boat to operate the pilot.

The CBRM is not committing to providing any form of operating subsidy to an operator.

The report recommends a modified Cape Island-style boat or a pontoon boat that would seat a maximum of 12 passengers. It was found to be most feasible to try to attract an existing boat owner.

CAPE BRETON POST

Landing sites

- The service would run over a 16-week period from June to October, at maximum. The study found that the most suitable landing sites are the Dobson Yacht Club and former Royal Cape Breton Yacht Club.

The phone you want. The network you can rely on.



iPhone 5c

Get iPhone 5c on Canada's most reliable* 4G network.



Plus, pair it with a TELUS SharePlus Plan and get:

- Unlimited nationwide talk & text†
- Ability to add a line for as low as \$35/mo.
- Shareable data‡

Find out more at telusmobility.com/iPhone5c



For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.



TELUS STORES & AUTHORIZED DEALERS

Bedford
Bedford Place Mall
936 Bedford Hwy

Dartmouth
Dartmouth Crossing
Mic Mac Mall
202 Brownlow Ave

Halifax
Bayers Lake Power Centre
Halifax Shopping Centre
Parklane Mall

Scotia Square Mall
6100 Young St

Lower Sackville
Downsview Plaza

Sydney
Mayflower Mall



*Based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. †Premium and subscription messages are not included. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. ‡Only one SharePlus Plan subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Apple, the Apple logo and iPhone are trademarks of Apple Inc. All other trademarks are the property of their respective owners. © 2013 TELUS.

Assault and abduction. Judge denies bid to halt dangerous-offender hearing

A Yarmouth-area man's bid to halt his dangerous-offender hearing has been denied.

Gordon Nickerson, 35, who pleaded guilty to 12 charges, including assaulting and abducting two women from the Yarmouth area in February 2012, was back in Kentville provincial court this week for the start of his dangerous-offender application hearing.

Nickerson was arrested Feb. 29, 2012, after fleeing the scene of a collision with another vehicle in New Minas.

He had assaulted and abducted two women, whose identities are protected under a publication ban, who were in the vehicle he was driving.

The Crown is seeking to have Nickerson declared a dangerous offender. If approved, it would make him subject to a longer, or indefinite, term of detention in order to protect the public. He has remained in custody since his 2012 arrest.

During a court appearance on Tuesday, Nickerson's

Moving forward

The dangerous-offender hearing is scheduled to take place over six days up until Oct. 31.

lawyer, Ken Greer, sought to annul the hearing on the grounds that appropriate assessment of Nickerson was not conducted during the required 60-day timeframe during his stay at the East Coast Forensic Hospital in Dartmouth.

"Mr. Nickerson does not dispute there were grounds for the (dangerous offender) order," said Greer, noting his client is instead disputing the process.

Greer's request was denied by Judge Alan Tufts, who deemed the failure to interview Nickerson was "not fatal to the proceedings." He instructed the Crown to proceed with evidence for the dangerous-offender status.

YARMOUTH VANGUARD

Up to 7 suspects sought. Man beaten unconscious by group in Dartmouth

Halifax police are looking for several suspects after a man was beaten unconscious by a group of people on Wednesday morning.

At about 10:45 a.m., the victim, who is in his 20s, was assaulted by between five to seven people on Robert Burns Drive near Primrose Street, police say.

Halifax Regional Police spokesman Const. Pierre

Bourdages said the victim eventually regained consciousness and was treated on scene by paramedics before being taken to hospital.

Bourdages was unable to provide any further details, including what may have led to the assault.

The victim's injuries are serious, but not considered life-threatening.

PHILIP CROUCHER/METRO



A police K-9 unit searches near the corner of Primrose Street and Robert Burns Drive in Dartmouth on Wednesday for several suspects in a morning beating. JEFF HARPER/METRO

July incident

Charges laid in bar shooting

Charges have been laid against a 22-year-old man arrested Tuesday in relation to a shooting outside a Halifax bar in the summer.

The shooting happened on July 6 at 2:20 a.m. outside the Red Fox Beverage

Room at 7071 Bayers Rd. Police say the victim, 22-year-old Halifax man, was shot several times by someone who approached him as he was leaving the bar.

The shooter fled the scene, while the victim suffered injuries described at the time as life-threatening.

On Tuesday, police announced they had arrested a 22-year-old Halifax man around 1:30 p.m. in relation to the shooting.

He is now facing multiple charges, including attempted murder and various weapons-related offences. METRO



Breach of trust

Ex-cop gets jail for taking drugs from locker, stealing gas

A former police officer in Nova Scotia has been sentenced to six months in jail and a year of probation for taking marijuana from an evidence locker and stealing gas from a police station.

Joshua Wilfred Demers was serving with the Springhill police force at the time of the offences, which occurred over a four-month period from late 2010 into 2011.

Demers was sentenced on two counts of theft, two counts of drug possession and one count of breach of trust.

In delivering his sentence, provincial court Judge Paul Scovil said the theft from the evidence locker put the integrity of the justice system into question.

THE CANADIAN PRESS

For more local news visit metronews.ca



Simply the best GREEN COFFEE BEAN EXTRACT!

Not all green coffee bean products are created equal. If you want to truly amp up your weight loss results, look for Simply Trim. Simply Trim contains premium green coffee bean extract with the added benefit of Fraxipure. Fraxipure can:

- Lower blood sugar
- Increase fat burning
- Decrease the formation of new fat cells
- Help prevent fatty liver disease

Only Simply Trim combines these two weight loss powerhouse ingredients in one formula. It is a premium product that delivers premium results!

Testimonial "I am half way through my first bottle of Simply Trim and I am so happy with the results that I had to write you. I have lost 5 pounds so far and eliminated my overwhelming cravings for carbs! I finally feel like I can lose this weight for good." - Liz. September 19, 2013.



Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

\$3

RECEIVE \$3.00 OFF
Your Next Purchase Of
Simply Trim*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 • 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires November 30th, 2013. Signature: _____

Canadian man arrested in Somalia accused of beheading his 4 sons

'This man is crazy.'

Omar Hassan, 60, spent 30 years driving a taxi in Calgary, grieving mother of slain boys says

A 60-year-old Canadian has been arrested in Somalia, accused of beheading his four sons with a knife.

Local press reported that police in the central city of

Beledweyne arrested Omar Hassan Sunday evening after his four young children — Yahye, 7, twins Idiris and Sakariye, 6, and Yonis, 3 — were found dead.

"He has taken my blood!" wailed the boys' mother Qadro Addawe, reached by telephone in Mogadishu. "I don't have anything. I lost my children and I don't have anyone to help me now."

Addawe, 29, said Hassan spent 30 years driving a taxi in Calgary, and she married

him in 2005 in the hope of having a better life. "He's a (Canadian) citizen," she said. Hiiraan Online, a Somali news website, reported Hassan had also worked in Yellowknife.

Addawe said they were married in Ethiopia and then moved to Kenya, where they had their first boy. They went next to Uganda, where the twins were born, and then moved back to Somalia, where they had their last child in 2010.

Once established in Beled-

Quoted

"I don't have anything. I lost my children and I don't have anyone to help me now."

Qadro Addawe, mother of four boys allegedly beheaded by their father in Somalia

weyne, Hassan started threatening Addawe and the boys, she said. Shortly afterward, she fell ill and was forced to leave her sons in the care of a relative while she made the long journey to Mogadishu so she could receive proper

treatment in a hospital.

Around this same time, Hassan stopped supporting her financially, she said.

She contacted Canadian diplomats repeatedly in an attempt to get papers to allow her and the children to immi-

grate to Canada but says she was rebuffed.

She received a call from the Beledweyne police at 8:30 a.m. Monday, telling her about the murders and the arrest.

"I have been his wife for eight years. I know his character," she said. "His problem, I don't understand. This man is crazy."

"He said he wanted to attack me. I prayed to Allah ... now he's killed them."

TORSTAR NEWS SERVICE

Global arms trade

Gun lobby warns Ottawa against signing UN treaty

Canada's recreational-firearms lobby is telling the Harper government to avoid signing a landmark UN arms-trade treaty, arguing it could lead to an insidious return of the federal long-gun registry.

That's the message Canada's National Firearms Association and the Canadian Shooting Sports Association are delivering to Foreign Affairs Minister John Baird as he weighs whether Canada should follow the U.S. in signing the Arms Trade Treaty, which aims to regulate the global arms trade.

Proponents of the treaty, including U.S. Secretary of State John Kerry, say it would have no impact on domestic gun owners.

THE CANADIAN PRESS



Riot police clash with protesters in Ukraine

A Ukrainian riot police officer clashes with opposition activists outside in Kyiv on Wednesday during a protest rally demanding a re-election of the city council. About 200 opposition demonstrators gathered outside the Kyiv city hall to protest a court ruling extending the authority of the current city legislature. Skirmishes erupted when several opposition members of the national parliament tried to enter the building and were turned away by police. **SERGEI CHUZAVKOV/THE ASSOCIATED PRESS**

Russia. 14 Greenpeace activists charged with piracy; more expected

Greenpeace says that 14 of its activists who were detained after protesting at a Russian oil platform have been charged with piracy, a crime punishable by up to 15 years in prison.

The activists from Argentina, Brazil, Britain, Finland, the Netherlands, Poland, Russia and Sweden were among 30 people who were on board the Greenpeace ship that was seized by the Russian Coast Guard following the Sept. 18 protest.

Two of the activists had tried to scale an offshore platform owned by Russian energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters.

Greenpeace says more activists, including two Canadians, were expected to be formally

charged on Thursday and Friday.

Paul Ruzyski of Port Colborne, Ont., was serving as the ship's chief mate and Montrealer Alexandre Paul was also on board.

All 30 are being held in jails in Murmansk, a port above the Arctic Circle.

President Vladimir Putin said last week that he doesn't think the Greenpeace activists are pirates, which triggered hopes for their release. But Prime Minister Dmitry Medvedev on Wednesday urged energy companies to adopt more stringent security measures and said the government should consider tougher penalties for those who attack or trespass on the grounds of Russian oil-and-gas infrastructure. **THE ASSOCIATED PRESS/**

WITH FILES FROM THE CANADIAN PRESS

2013	SUPREME COURT OF NOVA SCOTIA	Hfx No. 413609
BETWEEN:	Scotia Mortgage Corporation , a body corporate	PLAINTIFF
	- and -	
	Anton E. Self	DEFENDANT
	Notice of Public Auction	
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:		
PROPERTY:		
House, lands and premises known as 3 Old Military Road, McNabs Island, Halifax Regional Municipality, Nova Scotia, identified by PID 40279515 and more fully described at Schedule "B" of the mortgage dated October 3, 2007 and recorded at the Halifax County Land Registration Office as Document No. 88980017. This property is registered pursuant to the Land Registration Act.		
Together with an easement/right of way and servient tenement PID (benefit) more particularly described in a deed recorded on March 14, 1885 at the Halifax Registry of Deeds in Book 246, at Page 556, as Document No. 362.		
A copy of the description of the property, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.		
Date of Sale:	Friday, October 4, 2013.	
Time of Sale:	12:30 p.m. local time.	
Place of Sale:	Conference Room 3, 2nd Floor, The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.	
Terms:	Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.	
Signed August 23, 2013.		
W. Glenn Hodge COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiff		Allan D. Coley Sheriff for Halifax Regional Municipality

Each year, 200,000 Nova Scotians will experience mental illness or addiction

Is mental health & addictions a priority for your local candidate? Now is the time to ask.

How will your candidate:

- Support and enhance the Nova Scotia Mental Health and Addictions Strategy?
- Address the issue of underfunding of Mental Health & Addictions services
- Ensure government departments continue to work collaboratively to address the needs of those affected by mental illness and addictions?
- Address the housing & poverty crisis for those living with mental illness and addictions issues?

Join us for a Free Public Mental Health Forum
Monday October 7th 10:30am - 3:30pm
Halifax Forum, Bingo Hall

RSVP:
mhens@ns.aliantzinc.ca • 424-0143 • 1-888-963-3434
www.mentalhealthcoalitionns.info

The grim face of Kingston Pen



PHOTOS BY FRANK GUNN/THE CANADIAN PRESS

A trip to jail

Prisoners move out ... and a tour group moves in

They went to prison — and loved it.

Eager visitors lined up Wednesday as the historic Kingston Penitentiary threw open its doors to the public for the first time in decades.

About two dozen people entered its imposing blue-stone limestone walls — the



first tour group allowed inside since the last prisoners were moved out last week.

Visitors were curious to get a peek inside the storied penitentiary, where some of

And the future?

2015

Correctional Service Canada says the future of Kingston Pen is uncertain, but the plan is to fully decommission it by 2015.

the country's worst criminals have done hard time.

They looked in awe at the jail's workshop area (top photo) and the segregation cells (left), which are little more than cages.

THE CANADIAN PRESS

Filthy rich and getting richer ...

We're doing just fine, thanks. Affluent Canadians tell researchers they've bounced back from 2008 market crash

You've always suspected it — and you're right: The rich ARE getting richer.

The majority of affluent Canadians are better off today than before the 2008 market crash, a new study shows.

A new BMO Harris Private Banking study covered well-off Canadians — those with investable assets of \$1 million or more.

And it found that 54 per cent of them said their financial situation is more solid than before September 2008.

Only 11 per cent said they are worse off and 36 per cent reported that their financial situation is unchanged.

The picture is slightly better for wealthy Americans — 61 per cent said they are doing better, and only seven per cent said they are worse off than they were prior to the global economic crisis.

"High-net-worth Canadians clearly feel they have bounced back well from the 2008 downturn and are fairly upbeat about what the

future has in store for Canada's economy," said Alex Dousmanis-Curtis, senior vice-president who heads up BMO Harris.

"However, we're also hearing from many of our clients that they remain somewhat concerned about global market fluctuations and they want to ... insulate their wealth as best as possible against a downturn."

But they're not shy about spending the extra dough, with the study showing them returning to pre-recession spending levels.

They are forking over more than, or the same as, they did prior to September 2008 in key areas — entertainment and leisure (89 per cent), travel and vacations (86 per cent), club memberships (78 per cent), clothing (75 per cent) and collections and hobbies (72 per cent).

TORSTAR NEWS SERVICE

Quoted

"We are delighted to see such a high percentage of high net-worth Canadians opening up their wallets."

Alex Dousmanis-Curtis,
BMO Harris

Is he barking mad?

What's the poop? \$500 for picking up after his dog

A Montana man who gathered and reassembled parts of five \$100 bills eaten by his golden retriever has been reimbursed by the U.S. Treasury.

Wayne Klinkel's 12-year-old dog, Sundance, snacked on the cash in the family vehicle while Klinkel and his wife ate at a restaurant.

Klinkel picked through the dog's droppings to recover parts of the bills. He cleaned and reassembled them, put them in plastic bags and sent them to the U.S. Treasury.

THE ASSOCIATED PRESS

Red planet's secrets

Supervolcanoes on Mars spewed huge lava clouds

Scientists have discovered ancient supervolcanoes on Mars similar to the cauldron-like caldera that sits under Yellowstone National Park.

Studying images from several spacecraft orbiting Mars, researchers at London's Natural History Museum and NASA found at least one massive volcano and evidence for several others that spewed huge clouds of lava and ash.

The new finding suggests such eruptions could have affected the red planet's climate and atmosphere.

THE ASSOCIATED PRESS

FLIGHT CENTRE
The Airfare Experts

1 866 967 5402
flightcentre.ca

Orlando Family Special
Flights + 7 Nights

\$631
from

INCLUDES accom near major attractions. Price per person based on family of 4. BOOK this package based on double occupancy from \$730.

Conditions apply. Ex: Halifax. All advertised prices include taxes & fees. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. pp=per person. *Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

Glitches. Interac up again

Interac was experiencing intermittent issues with its e-Transfer service on Wednesday despite initially restoring service in the morning after daylong problems on Tuesday.

After having fixed the earlier glitches, the company was seeing some issues again

and working to resolve them, spokesperson Caroline Hubbertsey said.

The problem was again mainly affecting deposits.

Interac said its other services — Interac Debit, Interac Cash and Interac Online — were operating normally.

THE CANADIAN PRESS

Rob Ford stands by friend slapped with four drug charges

Out on bail. 'Good guy' and occasional driver for T.O. mayor accused of trafficking marijuana

Toronto Mayor Rob Ford said Wednesday he's surprised and shocked that one of his friends has been arrested and charged with four drug offences in the city's west end.

Toronto police say Alessandro Lisi, 35, is one of two men arrested Tuesday after a search warrant was executed in connection with an ongoing criminal investigation.

Lisi is charged with trafficking in marijuana, possession of proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Ford defended his friend

Defence

"He's a friend, he's a good guy, and I don't throw my friends under the bus." Toronto Mayor Rob Ford



Mayor Rob Ford addresses reporters by a gas station in Toronto on Wednesday regarding the arrest of his friend and occasional driver Alessandro Lisi, right, seen leaving court. LEFT: TORSTAR NEWS SERVICE; RIGHT: NATHAN DENETTE/THE CANADIAN PRESS

in an impromptu news conference at a gas station near his west-end home, saying Lisi is "(on the) straight and narrow" and he's never seen him drink or do drugs.

He refused to comment further on Lisi's arrest, saying the matter is before the courts.

Lisi appeared in court at Toronto's Old City Hall on Wednesday afternoon and was granted \$5,000 bail. He

has another court appearance on Nov. 12.

Media reports have described Lisi as a close friend and occasional driver for the mayor.

Torstar News Service reported earlier this year that Lisi was looking for a video that allegedly showed Ford using crack cocaine. Ford has said he does not use crack cocaine and that the alleged video does not exist.



Final report. Glee star's death ruled accidental

A needle and two empty champagne bottles were found in the Vancouver hotel room where Glee star Cory Monteith was found dead, according to the B.C. Coroners Service final investigation that ruled his death accidental.

Monteith, 31, died of mixed drug toxicity, including intravenous heroin and alcohol, according to coroner Claire Thompson.

The Canadian actor was found dead by hotel staff when he failed to check out of his room at Vancouver's downtown Fairmont Pacific Rim Hotel around noon on July 13.

Drug paraphernalia, including a spoon with drug residue, a hypodermic needle and two empty champagne bottles and glasses were

found at the scene, the report stated.

Monteith had gone out with friends before returning to his room alone at 2:16 a.m., according to hotel surveillance video.

He was not seen alive again.

The report confirms Monteith's much-discussed history of drug use along with his stints in rehab.

It hints that his recent abstinence could have played a role in his death.

"If someone has abstained from using opioids (which include heroin) for a period of time, tolerance may be lessened," the report stated.

This is the final comment the coroner will make on the investigation.

EMILY JACKSON/METRO IN VANCOUVER



Cory Monteith THE CANADIAN PRESS FILE

CLEVE'S FORUM SALE!

\$2.3 MILLION

INVENTORY CLEARANCE AT THE HALIFAX FORUM

Cleve's Source for Sports is marking down their huge inventory of sporting goods and loading it all into the Halifax Forum Multi-purpose Room for immediate sale. Sales Reps are slashing prices on their samples. All to be sold off at up to 77% off!

Thursday Oct.3: Noon - 9pm • Friday Oct.4: 9am - 9pm

Saturday Oct.5: 9am - 6pm • Sunday Oct.6: 9am - 5pm

Halifax Forum Multi-purpose Room on Young Street



Market Minute



DOLLAR
96.79¢
(-0.06¢)



TSX
12,839 (-8.44)



OIL
\$104.10 US (+\$2.06)



GOLD
\$1,320.70 US (+\$34.60)

Natural gas: \$3.54 US (-7¢)
Dow Jones: 15,133.14 (-58.56)

Publishing

Author Tom Clancy dies at 66

Tom Clancy, whose high-tech thrillers such as *The Hunt for Red October* and *Patriot Games* made him the most influential military novelist of his time, has died. He was 66. His publisher estimated



Tom Clancy in 1998

THE ASSOCIATED PRESS FILE

that worldwide sales of his novels top 100 million copies. **THE ASSOCIATED PRESS**

Upward trend

Internet stocks regain some sizzle

Internet stocks are heating up again, just as Twitter is preparing to turn up the temperature with its highly anticipated IPO.

Consider what's happened in the past month: The once-scorned stocks

of Netflix and Facebook have soared to new highs; Yahoo's stock has surpassed \$34 US for the first time in nearly six years; enamoured investors just poured more than \$1.7 billion US into secondary stock offerings by LinkedIn and Pandora; and Priceline's stock just broke \$1,000 US, catapulting past its peak reached in 1999.

THE ASSOCIATED PRESS

U.S. budget battle. Obama, GOP leaders meet in D.C.



Furloughed government workers protest in Washington. WIN MCNAMEE/GETTY IMAGES

President Barack Obama brought top lawmakers to the White House on Wednesday as Republicans rejected Democratic demands to vote on legislation ending a two-day partial government shutdown without changes to the nation's three-year-old health care law.

Despite the meeting, White

House press secretary Jay Carney said sharply that Obama "will not offer concessions to Republicans in exchange for not tanking the economy."

With the nation's ability to borrow money soon to lapse, Republicans and Democrats alike said the shutdown that has idled some 800,000 federal workers could last for two weeks or more, obliging a divided government to grapple with both issues at the same time.

House Republicans have brought a handful of bills to the floor to reopen portions of the government, including veterans' programs, parks and the National Institutes of Health.

THE ASSOCIATED PRESS

What to do with a 3D printer? Copy yourself

Technology. London startup is betting that printed plastic figurines will be a hot keepsake



KIERON MONKS

Metro World News in London

My twin is a perfect replica. From the haircut to the creases on his shirt, and the less-than-perfect posture, he is a mirror image. But at 15 centimeters tall, my twin appears to have been zapped by a shrink ray.

The truth is only slightly less like science fiction. The clone has been freshly printed from plastic, using an "experimental technique" by London tech startup Levavo.

To create Kieron 2, I stood in a studio surrounded by over 60 cameras that scanned and measured me, using photogrammetry to accurately extract features, before feeding the information to a 3D printer that uses around

Quoted

"We believe in the next couple of years we will have the same detail as any photo."

Marcin Piosik, a co-founder of London tech startup Levavo, which uses 3D printers to make replicas of people.

400,000 colours.

The business is among the first of its kind, a product of the Polish brothers Marcin and Piotr Piosik. "It started from us photographing garden ornaments," says Marcin. "We realized the potential of 3D printing and bought 20 cameras to make a prototype."

Investors were impressed and the brothers began to produce commercially, selling the models for around \$120 each. Customers find surprising uses for the figurines.

"Some use them like photos, keeping their family on a shelf," says Marcin. "Others like to have superhero effects, and one guy would get them to see how his



Kieron with Kieron 2: Metro reporter Kieron Monks shows off his 3D-printed mini-me at the Levavo office in London, England. METRO IN LONDON

diet was working."

The brothers aim to launch studios across Europe, and stay ahead of the game by constantly improving resolution and the materials for models. "We believe in the

next couple of years we will have the same detail as any photo," says Marcin.



Value Village

Check out valuevillage.com for even more great ideas plus DIY costume how-tos!



#thrifortreat



CONTRIBUTED PHOTOS

PACKED WITH INFORMATION, IDEAS

Homeowners across Nova Scotia are looking for ways to stay warm and save money this winter, and the Fall Ideal Home Show is happy to help out.

"Home heating, solar heating and insulation are the topics that are on most people's minds this time of year," says Master Promotions publicist Denise Miller. "We always feature a great range of products and expert advice."

To make things easier, this year all home heating exhibitors will be identified at the show with a home heating logo displayed on their booth.

Along with a selection of the latest

home heating products, the Fall Ideal Home Show will feature seminars all weekend on topics including ductless mini-split heat pumps, wood and sun heating alternatives, and other home energy solutions.

There will be plenty of comfort food on hand to warm the insides as well.

Chef Mary Ellen McInnis will bring her unique selection of gluten-free recipes to the home show stage, cooking up dishes like pasta, egg rolls and gluten-free microwaved bread.

"Gluten-free food doesn't have to be boring," she says. "It can be quite delicious

if it's done right."

With multiple stages this year, the home show will feature non-stop demonstrations, how-to seminars and presentations geared at the do-it-yourselfers in the audience. The Canadian Rental Association will be on hand, giving demonstrations on everything from post-hole diggers and patio stone saws to mini excavators and Bobcats.

Some of the show's value-added features include a chance to win \$50,000 from the Q104 Cash Cornucopia Scratch & Win booth. Also up for grabs are prizes from Neptune Theatre, Murphy Gear, Simmons, La-Z-Boy, and Jordan's furniture, not to

mention the Bullfrog hot tub from McBurney Pools & Spas.

It might not be possible to visit all the exhibits and seminars in one visit, but the Ideal Home Show has that covered, too. Ace LumberMart locations in Halifax and Dartmouth will be selling bracelets for the show that can be used for admission on all three days. Each three-day bracelet has a scratch-and-win section for store discounts. Each bracelet is also numbered, so stop by the Ace LumberMart booth to match your number for instant prizes.

The show runs Oct. 4-6 at Exhibition Park. For more, visit masterpromotions.ca.

idea!TM
HOME SHOW
THE BIG ONE

OCTOBER 4-6

**Exhibition
PARK**



WWW.FALLIDEAL.CA

**THE LARGEST FALL RENOVATION
SHOWCASE IN ATLANTIC CANADA!**

Q104 \$50,000.00

"Cornucopia of Cash"
Video Scratch & Win kiosk game

- Free Home Heating Expert Advice
- Gluten Free Chef Demos & Booths
- Dairy Farmers Cheese Seminars
- The King Cole Maritime Kitchen

Thousands in Door prizes from McBurney Pools & Spas, Simmons Mattress Gallery, Jordan's, Lazboy and more!

SHOW HOURS Fri 10-9 | Sat 10-6 | Sun 10-4

ADMISSION \$20 Family Pass | \$8 Regular Adult | \$6 Senior/Student Children under 10 FREE



Find us on:
facebook



**2 Shows
1 price!**



President's Choice
NUTRITION FIRST

idea!™

HOME SHOW

THE BIG ONE

OCT. 4-6

Exhibition
PARK

Master
Promotions Ltd.



STAGE SCHEDULE

HOME HEATING STAGE TIMES

FRIDAY, OCT 4

- 2pm Solar Nova Scotia - *Solar for Electricity hot water and hot air*
- 3pm Power Strength & Energy Solutions - *Wood and Sun - a great marriage*
- 4pm Halifax Heating Residential - *Ductless Mini-Split Heat Pumps*
- 7pm Ultimate Home Comfort - *The Truth About Home Heating*
- 8pm Wilson's Home Heating - *Peace of Mind in Heating your Home*

SATURDAY, OCT 5

- 11am Solar Nova Scotia - *Passive Solar Home Design*
- 12pm Ultimate Home Comfort - *The Truth About Home Heating*
- 1pm Wilson's Home Heating - *Peace of Mind in Heating your Home*
- 2pm Halifax Heating Residential - *Ductless Mini-Split Heat Pumps*
- 3pm Power Strength & Energy Solutions - *Wood and Sun - a great marriage*

SUNDAY, OCT 6

- 11am Power Strength & Energy Solutions - *Wood and Sun - a great marriage*
- 12pm Ultimate Home Comfort - *The Truth About Home Heating*
- 1pm Wilson's Home Heating - *Peace of Mind in Heating your Home*
- 2pm Halifax Heating Residential - *Ductless Mini-Split Heat Pumps*

EXHIBITORS WILL BE IDENTIFIED AT THE SHOW WITH A HOME HEATING LOGO ON THEIR BOOTH.

CERTIFIED GLUTEN-FREE CHEF DEMONSTRATIONS

Chef Mary Ellen McInnis, Gluten Free Certified Chef
Saturday, Oct 5 • 12 noon and 3 pm
Sunday, Oct 6 • 12 noon and 2 pm

GLUTEN-FREE SMACK-DOWN COOK OFF

BETWEEN CHEF RICHARD JULIEN & Q104'S BOBBY MAC AT 7PM, FRIDAY!!!!

WWW.FALLIDEAL.CA

ON THE PET SHOW STAGE

FRIDAY, OCT 4

- 2pm - 3pm Raw Feeding - Totally Raw Natural Dog Food Inc.
- 3pm - 4pm Horses 101 with Horse & Pony Magazine
- 4pm - 5pm Pierres Alley Cat Society - Meet Pierre the Cat Man!
- 6pm - 7pm Perfect Puppy Training with Invisible Fence
- 7pm - 8pm WOOF - SPCA working with NS Correctional Facility

SATURDAY, OCT 5

- 11am - 12pm Urban Tigers 2 Book signing with Author, Kathy Chisholm
- 12pm - 1pm Perfect Puppy Training with Invisible Fence
- 1pm - 2pm Hope for Wildlife
- 2pm - 3pm Panel - Invisible Fence We're on the Same Side
- 3pm - 4pm Companion Animals with Rural Delivery Magazine
- 4pm - 5pm Therapy Dog Program with Saint John Ambulance
- 5pm - 6pm Raw Feeding - Totally Raw Natural Dog Food Inc.

SUNDAY, OCT 6

- 11am - 12pm Horses 101 with Horse & Pony Magazine
- 12pm - 1pm Pierres Alley Cat Society - Meet Pierre the Cat Man!
- 1pm - 2pm Life at the Track with Greyhound Pets of Atlantic Canada Society
- 2pm - 3pm Pierres Alley Cat Society - Meet Pierre the Cat Man!

WWW.IDEALPETSHOW.CA



Q104 \$50,000.00 "Cornucopia of Cash"

Video Scratch & Win kiosk game

"Also WIN BIG from Murphy Gear and Neptune"

- Free Home Heating Expert Advice
- Gluten Free Chef Demos & Booths
- Dairy Farmers Cheese Seminars
- The King Cole Maritime Kitchen

Visit ACE LUMBERMART

Spryfield or Burnside locations

to buy your 3 day pass!

VISIT them at the show to **WIN BIG**
and **SAVE BIG** on show specials

SHOW HOURS

- Friday Oct. 4 10am - 9pm
- Saturday Oct. 5 10am - 6pm
- Sunday Oct. 6 10am - 4pm

ADMISSION

- \$20 Family Pass (2 adults/2 juniors)
- \$8 Regular Adult • \$6 Senior/Student
- Children under 10 FREE

Thousands in Door prizes from

McBurney Pools & Spas,
Simmons Mattress Gallery,
Jordan's, Lazboy & more!

Check out Atlantic Rental
Association's **DEMO DAYS**
and learn what you
can rent to renovate!!

ATLANTIC CANADA'S
**LARGEST
RENOVATION
SHOWCASE!**

Find us on:
facebook.



2 Shows 1 price!

*The ideal resource for pet related supplies,
services and education.*

- Exhibits
- Education
- Seminars
- Demonstrations
- Adopt your fur-ever friend from
the SPCA while you're there.

Invisible Fence Brand



proudly sponsored by

President's Choice

NUTRITION FIRST





NIBBLE ON THESE HEALTHY FOOD TIPS

As a professional catering chef, Mary Ellen McInnis is used to cooking a wide variety of foods. One type in particular — gluten-free fare — has a place that's particularly close to her heart.

McInnis started cooking gluten-free food when her sister was diagnosed with celiac disease, a disorder that makes the gluten protein found in wheat toxic to your system.

"She found a lot of gluten-free food to be quite bland and boring," McInnis says. "I decided to help her out. I started experimenting with the foods she likes and came up with a lot of new recipes."

Now McInnis plans to let visitors at this year's Fall Ideal Home Show in on the secret. McInnis will be giving demonstrations of tasty gluten-free cooking throughout the home show.

"I'll be making one-and-a-half-minute microwave bread. It comes out something like an English muffin. Also, gluten-free pasta, egg rolls and wontons. I use my

own gluten-free flour blend. The ratios are a little different than regular flour, but it absorbs moisture better than regular gluten-free."

McInnis says while a diagnosis of gluten intolerance can be life-changing, many non-celiacs are also giving up gluten as a way to lose weight or stay healthy.

McInnis' presentations will be part of a long list of food and cooking-related demos at this year's home show.

The Dairy Farmers of Canada will be presenting 13 separate seminars during the three-day event, including topics such as pairing wine and cheese, storing different types of cheese, and the differences between soft, semi-soft and hard cheeses.

The Dairy Farmers of Canada are also representing local and international cheese producers, with samples of approximately 25 different types of cheese.

The King Cole Maritime Kitchen will also be on hand with hot tea and samples.



COLOURBOX

FOCUSING ON RELIABILITY

CHECK OUT SUNSHINE RENEWABLE ENERGY

The choice of home heating solutions today is huge. Cutting through the myriad options that include electric heat, oil-fired furnace, alternative energy, and new technologies can be confusing.

Sunshine Renewable Energy offers a simple solution.

"We're an energy efficiency company that focuses on home heating," says company partner Richard Ross. "We offer a free assessment of everything in your home that affects your heating bills, from insulation to windows to your furnace efficiency."

Once the free assessment has been completed, Sunshine Renewable Energy offers a range of innovative solutions, including heat pumps, time-of-day metering, electric thermal storage, electrical panel upgrades, and renewable energy.

"We work closely with Nova Scotia Power and Efficiency Nova Scotia to come up with a solution that will give you the most bang for your buck," Ross says. "We select



CONTRIBUTED

products that will give you the quickest return on investment and overall comfort for your home."

Sunshine Renewable Energy can arrange full financing options through Nova Scotia Power and will take care of all permit and rebate applications at no charge.

"We use only the best quality, up-to-date equipment, a full warranty and friendly, prompt customer service," Ross says. "We focus on reliability."

Who Else Wants to Cut Their Home Energy Bills by up to 60%?



Heat Pumps



Heat Pumps

- Save 40-60% on heating
- Air Conditioning and dehumidification in the summer months
- Quick ROI (Return on Investment)
- 5-10 year warranties

Storage Heaters



Storage Heaters

- Save 50% or more over conventional oil or electric heating
- Save 25% or more on electricity
- Finance payments equal to or less than you are currently paying
- 5 year term then watch it pay for itself over and over again
- Be more comfortable in the winter time

Hot Water Heat Pump

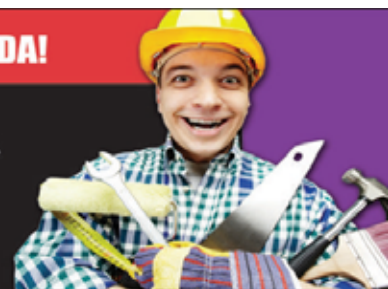


Hot Water Heat Pump

- Save 65% on domestic hot water
- Family of 3 approx. \$200 annually
- 10 year warranty
- Dehumidification

Low Rate Financing Available!

Visit us at the Ideal Home Show, booth 128. Let us answer all your home heating questions!



PIONEER FUELS TAKES WORRY OUT OF WINTER

With winter on the way, Pioneer Fuels lets homeowners rest assured their home heating needs are always looked after.

"People are living busy lives and don't want to worry about their home heating needs," says Charles Higgins, general manager, Atlantic Canada, for Pioneer Fuels. "They want assurance they won't ever run out of home heating fuel and the comfort of knowing service is just a call away when needed."

Pioneer Fuels is committed to providing home comfort service excellence in the region with its fresh approach to meeting home heating needs.

The company provides local service and delivery teams, is 100 per cent Canadian owned and operated, is a proud supplier of Esso fuels, and is committed to delivering customer satisfaction.

In addition to around-the-clock burner service, Pioneer Fuels will be offering affordable heating equipment, Esso lubricants, and installation services through a network of local outlets that will open in

the near future. These will be supported by a team of qualified home heating professionals that can advise homeowners on the best options for their needs, along with leading-edge online resources.

Higgins added Pioneer Fuels is striving to distinguish its offers.

"We will launch our new look Oct. 4, 2013, at the Fall Ideal Home Show in Halifax. I urge people to stop by our booth to discover the Pioneer Fuels' difference."

Pioneer Fuels is proud to be serving the energy needs of valued Atlantic Canadians now and for many years to come, and offers a wide range of high-quality products and services with competitive pricing.

Call 310-3776 to discuss your needs ... then relax.

"We know that trust and reliability is critical in any relationship," Higgins said. "We will earn the chance to show how Pioneer Fuels is a company that truly cares about every valued customer."



The Wright family, from Shearwater, N.S., are happy new Pioneer Fuels customers.

GARLANDA JOYCE PHOTOGRAPHY



Who We Are

Pioneer Fuels is a company dedicated to carrying on a tradition of excellence in the home-heating market in Atlantic Canada. Our local team brings a fresh approach to meeting home comfort needs.

We are the company that:

- provides local service and delivery teams
- is 100% Canadian owned and operated
- is a proud supplier of Esso fuels
- is committed to delivering customer satisfaction.

Discover the Difference

Pioneer Fuels is committed to being your home-heating specialist. Our services are supported by a team of local, qualified home-heating professionals who can advise you on your best options.

**Call us today! 310-3776
or visit pioneerfuels.ca**



Branded Distributor



October 4 - 6

Exhibition PARK

proudly sponsored by

President's Choice
NUTRITION FIRST

M Master
Promotions Ltd.

Find us on:
facebook.

www.idealpetshow.ca



LOCAL COMPANY SPECIALIZES IN SLEEP SYSTEMS

Simmons Mattress Gallery has been helping Nova Scotians sleep better for 14 years, and for the last five years, the company has been a major prize sponsor at the Fall Ideal Home Show.

"We're your local sleep specialty store," says Simmons Mattress Gallery president Jordanna Caine. "We're a locally owned and operated family business, so if there are any concerns at all, we're right here to make sure you're taken care of."

Simmons Mattress Gallery's focus is on personalization, Caine says, finding the best sleep system for each individual customer.

"We've chosen our specialty range of mattresses and adjustable beds to bring to the home show."

The company has been specializing in memory foam and latex mattress and adjustable beds for many years now, Caine says.

"All our Tempur-Pedic, memory foam and latex mattresses can be paired with a regular box spring or with a contemporary adjustable base, which allows you to completely relieve all pressure off your spine, neck and body. We'll have seven



Jordanna Caine shows off the new split-top adjustable bed at Simmons Mattress Gallery.

CONTRIBUTED

different power (adjustable) bases at the home show, plus a great selection of Tempur-Pedic, and therapeutic memory foam mattresses. We'll also introduce our new latex collection by Pure Latex Bliss."

The Pure Latex Bliss collection includes natural Talalay latex mattresses with breathable design and cell structure that provides a temperature neutral

environment and, when you move, it immediately responds to your new position.

"It's a wonderful material to sleep on," Caine says.

More traditional mattresses include the top-of-the-line pocket coil luxury collection — Beautyrest Black — or get the best of both worlds with a Beautyrest Tru Energy "hybrid" mattress — solid mem-

ory foam layers on a traditional pocket coil support.

"Everything we feature at the home show will have amazing sale pricing, plus we'll be selling most of the home show floor models at up to 60 per cent off," Caine says. "We'll also have clearance latex pillows at up to 50 per cent off, plus Tempur-Pedic pillows on sale, too."

IDEAL HOME SHOW

METRO CUSTOM PUBLISHING

SIMMONS MATTRESS GALLERY

Dartmouth
Corner of Wright Ave.
435-5119

Halifax
172 Chain Lake Dr.
450-0233

Visit our huge display and save **up to 50%** on pillows, luxury mattresses, memory foam, latex and adjustable beds!

Home Show floor models must be cleared out!

Zedbed
Therapeutic Memory Foam

Split Top Adjustable Bed

Flat Sets (Mattress & Boxspring) **20% OFF**

Adjustable Sets **20% OFF**

3 on display at Home Show including split top queen adjustable bed!

ComforPedic
THE BETTER MEMORY FOAM™
Beautyrest

TAXES IN
on Mattresses, flat sets or adjustable beds

2 on display at Home Show

INTRODUCING **pure LatexBLISS™**
atlanta london paris hong kong

Hypo-allergenic eases muscle tension, antimicrobial, less off gassing. Your natural sleep solution!

20% OFF
Mattresses, flat sets & adjustable sets

2 on display at Home Show
Hybrid latex mattresses & Natural latex mattresses

Upholstered Headboards & Beds

Bbeaudoin

1 Choose your headboard
2 Select the fabric/colour (20 choices)
3 Choose a headboard only, complete bed, or storage platform bed!

TAXES IN

TEMPUR-PEDIC

Save up to **\$300** on mattresses or up to **\$900** on adjustable sets

2 on display at Home Show

Solid Wood Bunks & Beds

TAXES IN!

Bunk bed & 2x Natura Latex Kids mattresses on display at Home Show



October 4 - 6

proudly sponsored by **President's Choice NUTRITION FIRST**

Master Promotions Ltd.

Find us on **facebook.**

Exhibition PARK

www.idealpetshow.ca



PET SHOW INCLUDED IN YOUR ADMISSION

Every year, Canadians spend about \$4.5 billion on their pets. Now, a new show taking place in conjunction with the Fall Ideal Home Show will help animal lovers find the latest and best products, services and information for their pets. The Ideal Pet Show is a new idea and one that is garnering plenty of attention, says Master Promotions publicist Denise Miller.

“We’re offering two shows in one this

year,” she says. “Home show visitors also gain admission to the Ideal Pet Show with one admission price.”

Highlights of the weekend event will include local wildlife rescue group Hope for Wildlife, The Saint John Ambulance Dog Therapy Program, Alley Cat Rescue, and The W.O.O.F Dog Training program at the Central Nova Scotia Correctional Facility. The Nova Scotia Lost Dog Network and the Greyhound Pets of Atlantic Canada Society will also give presentations. The show is sponsored by PC® Nutrition First® pet food.

Jane Wentzell, owner of the popular pet containment system Invisible Fence, will be at the Ideal Pet Show with a demonstration of proper puppy training techniques. She is also a stage sponsor of the show.

“Having a show like this in Halifax for the first time is a great idea for pet owners,” she says. “I’m happy to be involved with it.

Along with demonstrations and stage events, pet enthusiasts will




CONTRIBUTED

find information on pet nutrition, health, the latest in pet fashion, training, fencing, grooming products and accessories. Pet food representatives will be on hand to explain the science behind pet nutrition, along with local independent manufacturers of dehydrated dog food and treats.

Animals will be featured in shows and rescue animals will be available for

adoption, but, unfortunately, pets are not permitted at the show.

Other information will include travelling with a pet, doggie day care, therapy dog programs, pet orthotics and prosthetics. Show visitors can even adopt a pet on-site through the SPCA Wet Nose Weekend event. Visit its website (spcans.ca) for pre-approval.



PolyTech
PRODUCTS LTD.

Specializing in Tilt and Turn Windows and Garden Doors
Highest CSA test rating for wind, water, and air filtration.

41 Williams Ave, Burnside | 468-4551
www.polytechproducts.com

Visit us at the Home Show this weekend!





► All Natural

► No Waxes

► No Silicone

Coats 'n Oats Equine Products for Horses
Equine Shampoo Concentrate, Conditioner, Treatment Spray & Hoof Conditioner

Paws 'n Claws Pet Products for Dogs and Cats
Pet Shampoo Concentrate, Conditioner & Treatment Spray

Safe, natural skin care with proven effectiveness for dogs, cats and horses. The nano-fine mineral topical solutions are formulated to treat and relieve the adverse effects of chronic skin, coat, mane, tail and hoof conditions and irritations.

- Deep cleansing
- Relieves dry, flaky skin
- Residue-free
- Detangles
- Brightens coat
- Low sudsing
- Hypoallergenic

- Produces healthy shine
- Repels dust and dirt
- Deep conditioning
- Hot spots
- Eczema
- Friction sores
- Itching



Distributed in Maritimes/Quebec by:
Norma Graham, NJG Distributors,
902-840-0671
137 Nictaux Rd., RR #3,
Middleton NS B0S 1P0

Distributed in Ontario by:
System Fencing Limited
14321 5th Line Nassagaweya, RR#2
Rockwood, ON N0B 2K0
Toll Free 1-800-461-3362 or 519-856-9959
Contact Nanci Job: nanci@systemfence.com www.systemfence.com





SAFE PET CARE PRODUCTS FROM PETONIC

Pet owners know that good skin and coat health is crucial for a happy, healthy pet. Petonic has developed a range of new skin and coat care products that is having a big impact on dogs, horses and cats across Canada.

The products, which include Coats 'n Oats Equine Products for horses, and Paws 'n Claws Pet Care Products for dogs and cats, were developed from a similar formula for humans.

“They are very effective skin and coat care products that are proven to work, and the real beauty is that they are all-natural, non-toxic and safe for pets as well as people,” says Petonic president Ruth Brennan. “They are food-grade safe, which means a pet or even a child can ingest it with no ill effects.”

Petonic’s patented ability to penetrate the skin and coat quickly is the key. The coat is left with a beautiful sheen and repels dirt, dust and other irritants, with no buildup of residue.

Brennan says the shampoo concentrate, conditioner and spray treatment products



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

have been garnering favourable reviews from across the country from veterinarians, champion retriever trainers, horse breeders and from one of the top dog show handlers in North America.

Petonic skin and coat care products have been proven effective with a range of skin and coat problems including eczema, itching, friction sores, tangled hair and dry, flaky skin. They are low sudsing, hypoallergenic and residue-free.

“We’re very excited to introduce these products to Atlantic Canada,” Brennan says.



ISTOCK/THINKSTOCK

STAYING WARM AND COSY

From hot tea to hot tubs, the exhibitors at the Fall Ideal Home Show are sure to leave visitors with warm feeling.

"As soon as we start feeling that crisp, fall chill in the air we start thinking about things like home heating, insulation, even warm comfort food," says Ideal Home Show publicist Denise Miller.

The first blast of heat that most home show visitors are likely to experience will come from the fully operational hot tub at the McBurney Pools & Spa booth near the Exhibition Park entrance.

"You can't miss us," Tara McBurney says. "We'll have a Beachcomber Hot Tub with water in it. Visitors can even climb in it and test it out if they want too."

McBurney says a new hot tub or spa is an ideal way to ward off the approaching winter blues. "We'll be giving away a Bullfrog 1-3-1 portable hot tub to a lucky home show visitor," she says.

Visitors then may want to make their way to the King Cole Maritime Kitchen, where they can relax with a cup of hot tea and delicious samples of Maritime comfort

foods. "King Cole is a great promoter of Maritime cooking," Miller says.

For many home show visitors, the main attraction is all the information available about home heating and insulation.

"It's what most homeowners have on their minds this time of year, and it's why a lot of people come to the Ideal Home Show," Miller says.

Exhibitors will be identified with signage on their booths.

HRM's Energy Saving Experts

Specializing in professional energy assessment and insulation services for commercial & residential properties.

- Spray Foam, Blown in Cellulose, Batt & Rigid Board Insulation
- Caulking, Weatherstripping & Air Sealing
- Energy Efficient Retrofits & New Construction

P: 902-209-7362 W: www.chess-energy.com E: info@chess-energy.com

CHES
Commercial Home Energy Saving & Services

Contact us now and let CHES show you the savings!

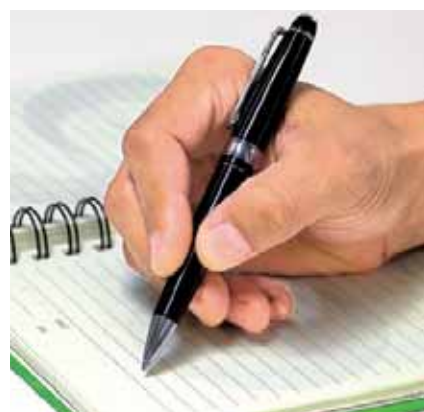
TAKE TIME TO PLAN YOUR FUNERAL

DARTMOUTH, OAKRIDGE AND ATLANTIC FUNERAL HOMES

Although everyone agrees that a baby shower, a birthday celebration, a wedding, a vacation — even a picnic — requires planning, many people never consider planning ahead for one of the most important events in their lives.

Death is a 100 per cent certainty — it's a natural part of life. But your death will inevitably bring loss and sadness to those who love you. By planning your own funeral now, you can ease the burden on your loved ones in the future.

There are countless decisions to be made when a funeral is being arranged, from choice of flowers to choice of cemetery. When you plan ahead you can decide on every detail yourself without any pressure. You can make sure the arrangements are exactly what you want, and your family won't have to guess what your wishes may have been.



MRKOB/COLOURBOX

Burial? Cremation? Deciding how to manage your remains is one of the most wrenching decisions your loved ones must make. By preplanning, you can make an informed choice. Your family can take the time now to discuss ideas openly, while minds are clear and focused.

The right time to plan your funeral is right now.

For more about Dartmouth Memorial Gardens and Atlantic Funeral Home, call 902-462-3455, or visit dartmouthmemorial.ca, or Oakridge Memory Gardens, call 902-832-1313 or visit oakridgecemetery.ca.

You know each other so well

Together, you can choose your options, services and budget. Pre-planning allows you to celebrate your lives, your way - and provides your loved ones with peace of mind.

To discover the options and benefits, stop by our booth at the Fall Home Show.



Dartmouth
Memorial Gardens &
Atlantic Funeral Home
Dartmouth
902-462-3455
dartmouthmemorial.ca

Oakridge
Memory
Gardens
Middle Sackville
902-832-1313
oakridgecemetery.ca

Arbor Memorial Inc.

Family Owned. Proudly Canadian.



LEARN HOW TO USE THE RIGHT TOOLS

MANY MACHINES ARE EASY TO OPERATE

For many do-it-yourselfers, excavating machines are the ultimate toy. At this year's Fall Ideal Home show, the DIY inclined will be able to find out just how easy and accessible this equipment is. The Canadian Rental Association will be bringing a mini excavator and a skid-steer (known popularly as a Bobcat) to demonstrate to home show visitors.

"We won't be letting people actually operate them, but we'll let them sit in the seat while we explain the controls," says Dave Fraser, Atlantic regional director for the Canadian Rental Association.

"We want to show that these types of machines are easy to operate. A lot of people are surprised to find out you don't need a licence to run them. About 20 minutes of practice and you're ready to tackle backyard excavation projects. The controls are

simple to operate. Just a joystick that's familiar to anyone who's ever played video games."

Inside the main building at Exhibition Park, the Canadian Rental Association will be demonstrating the use of a number of rental tools, including lawn and garden equipment, a lawn aerator, wood splitter, square buff sander and a core drill for drilling holes in concrete.



"We'll also have a cutoff saw for cutting patio stones, industrial dehumidifiers and a one-man post hole digger," Fraser says.

It's all part of an effort to educate the home improvement public.

"A lot of do-it-yourselfers don't realize there are a variety of tools that can be used to complete a job," Fraser says. "You can really benefit from knowing what pieces of equipment to use. For example, you should never rent a drum sander to refinish your hardwood floors if you don't know how to use it. You can ruin your floors."

The equipment demonstrations will be presented by local rental dealers. They will also conduct question-and-answer sessions geared especially for do-it-yourselfers who are planning to start a home project.

"We represent the majority of small independent rental stores across Atlantic Canada," Fraser says.

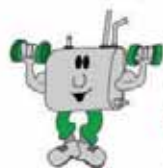
Is your oil tank on its last legs?



We can help!

Book an appointment for a New Steel or Fiberglass Oil Tank **Today!**

Your True Alternative to High Oil Prices



Steve Williams

**Affordable Fuels
& Metro Home Heating**
431-4328



affordablefuels.ca



CONTRIBUTED

HELPING YOU STAY WARM

The Affordable Fuels and Metro Home Heating booth at the Fall Ideal Home Show will be all about saving money and peace of mind, says company president Steve Williams.

"We're going to be marketing our high-efficiency Paradigm 2G furnace," he says. "It already comes with a manufacturer's rebate, and we'll be matching that rebate until the end of November."

That's just one of the ways consumers will save money by installing the Paradigm before the cold weather sets in, Williams says.

With oil tank safety an increasing concern

among homeowners, Affordable Fuels has a solution. "We're going to be featuring our double-bottomed oil tanks at the show," Williams says.

Both tanks are also backed by liability policies.

With the acquisition of Metro Home Heating last year, Affordable Fuels now offers full in-house repair and maintenance service along with discounted fuel delivery. Also, effective Oct. 1, customers who pay by debit or email money transfer will receive a two-cents-per-litre discount on oil.

LAND OF THE LOUD LORD

My landlord and I have a complex relationship built on a solid foundation of shouting.

Many people have landlords who treat their apartments with benign neglect, quick to respond to every tenant request with a blithe “We can send somebody in about a week,” even if the specific message was “FIRE!”

Well, John my landlord is not like that. John is the opposite of that. John is this: a perfectionist and a busybody and 90-something years old.

The kind of landlord who stares at you through the mottled glass of his door as if you can't see his distorted silhouette. The kind who stands on the front porch with a flyswatter (really), lest an insect sully his perfect patio. The kind who has appeared on two separate iterations of Google Street View sitting in his designated spot, probably mulling where to find a flyswatter big enough to chase off the Google Car.

John is hard of hearing, so while he's being nosy, he speaks to you at a volume usually reserved for pro-wrestling inter-



HE SAYS

John Mazerolle

metronews.ca

views. GROCERIES, HUH?! WHAT YOU GOT THERE!? YOGURT?!?!
Have I mentioned my rent is really low? I'm not a perfectionist, to put it mildly.

When the tenant upstairs moved, John had me take some photos of the apartment so he could catalogue the “mess” that had been left behind, such as an onion in the fridge.

“How can anyone live like this?” he asked, as I thought about the rotting vegetables in my fridge, several of which had become radioactive and/or sentient.

That means every time he knocks on my apartment door, my life descends into a Benny Hill panic, Yakety Sax blaring, except the only half-naked person is me. When he arrives for the occasional maintenance visit, I throw my pants off, so I can open the door a crack and let him know I'll be “just a minute.” This buys me time to, say, cover the tomato soup stain in the middle of the living room carpet.

Once I was dealing with a fruit-fly infestation with vinegar traps when he unexpectedly knocked. I was forced to im-

provise with the vacuum cleaner, in a massacre I like to imagine the surviving fruit flies still talk about in hushed tones.

Maybe it's my fault that I'm a slob, maybe it's his fault that his idea of a reasonable warning is three knocks and a gentle “HELLO ANYBODY HOME?!?!”

Whatever the case, I'm happy. As long as my apartment is clean and affordable, I will put up with levels of eccentricity that greatly exceed the scientifically acceptable safe limit of 12 micro-quirks per square metre.

How do I make it work? I believe the key to a successful tenant-landlord relationship is communication: That is, avoid it at all costs.

When John is friendly, I smile. When he's confrontational, I nod. Then I move on. Compare to the upstairs tenant, who has had at least three shouting matches with him since she moved in a month ago. Calling the police seems to be a running theme, so at least they have some common ground to work from.

If you'd like any further tips on how to deal with your landlord, I'll just need a minute to throw some clothes on and ask you to ignore any strange noises, such as explosions. But feel free to give me a shout. That's what I'm used to.

ZOOM

Gaza's tunnel smugglers bored



HATEM MOUSSA/THE ASSOCIATED PRESS

No goods transferred amid Egypt turmoil

A Palestinian man works in a tunnel in Rafah, on the border between Egypt and the southern Gaza Strip.

Since the summer, Egypt's military has tried to destroy or seal off most of the smuggling tunnels under the Gaza-Egypt border, a consequence of the heightened tensions between Cairo and the Hamas

government in Gaza. The tunnels once employed thousands of young men in Gaza. By early September, with most tunnels closed, only a few tunnel workers reported to their jobs for maintenance work. Some mask their faces with shirts to avoid identification while working, for fear of repercussions in case they were to travel to Egypt in the future.

THE ASSOCIATED PRESS

A solution to a blockade

- The tunnels have served for years as a lifeline for Gaza, home to some 1.7 million Palestinians.
- They became important after Hamas overran the territory in 2007, prompting Israel and Hosni Mubarak to impose a border blockade.

Fuel, construction goods

“We have no other alternative but to work in these tunnels. They are the only crossing to bring needed goods to Gaza.”

Hussam Rashwan, tunnel worker
Some workers began digging new tunnels to replace the ones destroyed by the Egyptian security forces.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Just because you don't live in a city with an international art biennale, world-class gallery or well-known film fest, doesn't mean you have to be left in the cultural dark. These podcasts will keep you tuned into the world of art and culture.



ARI PERILSTEIN/GETTY IMAGES

Bullseye:

In-depth interviews about ‘all things awesome,’ Jesse Thorn likens himself to Conan O'Brien, but safe for pubic radio.

LensWork:

Short snippets on photography, creativity and the art world — without the art speak.

SFMOMA Artcasts:

A monthly peek into the world of artists, writers, curators and musicians.

Comments

RE: O Canada, In All Thy Gender-Neutral Sons Command...? Published Oct. 1

When you have a mixed group, male and female, the masculine is no longer masculine alone but encompasses the entire group. For example, if you holler, “Hi there, guys,” to a group of friends, the girls in the group are included in the greeting because of the rules of language.

English is not the only language that does this. In French, if you have a mixed group of men and women, the pronoun used is ‘Ils.’ It means

all of them. In Spanish, if you have a mixed group, the pronoun used is ‘Ellos,’ the plural masculine form which now includes the women, too.

“In all thy sons command” implies sons and daughters. It leaves no one out. I lament that these women, who claim to represent all women (yeah, right) didn't pay more attention to their education. It's important to learn about the world and I would think that language would be a good skill to have.

Get a grip! You make me embarrassed of my own gender.

Hazel May Lebrun posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Halifax Philip Croucher • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Regional Sales Director, Metro Eastern Canada Dianne Curran • Distribution Manager April Doucette • Vice-President, Sales and Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • Telephone: 902-444-4444 • Fax: 902-422-5610 • Advertising: 902-421-5824 • adinfo@halifax@metronews.ca • Distribution: halifax_distribution@metronews.ca • News tips: halifax@metronews.ca • Letters to the Editor: halifaxletters@metronews.ca

SCENE 2

Living to keep playing music

Local music. Guitar legend Joe Satriani brings instrumental Unstoppable Momentum tour to Halifax



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Those who can't do — teach? Well, people who were the teachers behind people like Rick Hunolt, David Bryson, and Kirk Hammett tend to do quite well.

When Joe Satriani, an instrumental rock guitar god with multiple Grammy nominations and tour bus stories involving Mick Jagger and Deep Purple, picked up the phone it was all I could do to not drop to my knees and declare, "I'm not worthy."

Though first a dedicated drummer, Satriani famously highlights the untimely death of Jimi Hendrix as the "moment in my life to crystallize a personal direction."

Since then, having a guitar in his hand, Satriani has taken it upon himself to fill the void left by his



Joe Satriani is performing this weekend in Halifax. CONTRIBUTED

Details

- **What?** Joe Satriani's Unstoppable Momentum tour
- **Where?** Rebecca Cohn Auditorium
- **When?** Saturday, 8 p.m.
- **Tickets.** Dalhousie Arts Centre box office.

idol. Sharing the stage with greats like Alice Cooper and Sammy Hager, Satriani maintains he is merely a vessel for his famous sound.

"As much as we spend every waking hour trying to perfect our sound, our gear and technique, I think the reality is that (the fans) find our sound and relate to it but we're sort of immune to it," he said. "We generate it. We can't hear it like everyone else."

"We" these days has come

to include the members of Chickenfoot. In addition to Satriani on guitar, the group consists of vocalist Sammy Hager and bassist Michael Anthony (ex-Van Halen), and drummer Chad Smith (Red Hot Chili Peppers). When he's not luring those power players into the recording studio — which he hopes to do again in the new year — he is continuing to perform what are known as the most energetic, high-energy live shows.

Coming to play the Rebecca Cohn Auditorium in Halifax on Saturday night during the second leg of the tour for his latest album, Unstoppable Momentum, Satriani explains that this most recent musical offering was in large part "the soundtrack to my enthusiasm about being able to pick up my guitar after all that time and be able to sit down and write something."

The songwriting process for someone of Satriani's

fame, he explains, continues to be a sacred moment.

"What I live for is being able to capture the particular feeling I'm having at that moment and those are the private moments," he said.

"The only private moment I have anymore — when I'm in a room by myself writing a piece of music — it's still a very special, golden moment for me. If I didn't have that — the rest of it would be useless to me."

Maritime Business College introduces two new career programs.

Travel & Hospitality

Travel and hospitality is a high growth industry with opportunities in NS and around the world. Students participate in a familiarization trip to a sunny international destination, and can complete their Diploma in just 45 weeks.



Classes starting this fall.

45 Alderney Drive, Dartmouth

Veterinary Technician

Our new Veterinary Technician Program is the first and only one of its kind in HRM. Animal lovers in this program will receive field training in Vet Clinics, and can complete their Diploma in just 60 weeks.

Seats are limited, call now!

info@maritimebusinesscollege.com 800-320-6408



Ja Rule getting a second career start

New movie. After lengthy stint in jail for gun possession, the once-rapper is now getting another lease on life with a starring role in feature film

Ja Rule, who recently spent nearly two years behind bars for illegal gun possession, landed a role in a new movie because screenwriter Galley Molina empathized with the rapper's missteps.

"People used to ask, 'Well, you know he's a felon?' And I would say, 'Well, so am I,'" recalled Molina, a 44-year-old pastor who was locked up for five years for drug trafficking.

"I know his heart. I know what type of dude he is and he was probably one of the most professional guys on the set."

I'm in Love With a Church Girl will debut Oct. 18 in more than 280 theatres in the U.S. Ja Rule stars as a high-level drug dealer who struggles to leave his illegal lifestyle behind after getting into a serious relationship with a church-going woman played by Adrienne Bailon of Cheetah Girls and 3LW fame. Stephen Baldwin, Sopranos actor Vincent Pastore and Michael Madsen also appear in the movie.

The film, which was produced by Molina and Grammy-winning Christian singer Israel Houghton, is based



Ja Rule is switching gears in life and his career. CONTRIBUTED

on Molina's life. Ja Rule was hired while his gun possession cases were pending.

He was released from house arrest in July after he had served most of a two-year sentence in a New York state prison before his subsequent transfer into federal custody in a tax evasion case.

He admitted to failing to pay taxes on more than \$3 million earned between 2004

and 2006.

"This role was very different for me," said Ja Rule, whose film credits include The Fast and the Furious. "I've done a lot of films that all have been pretty edgy. I played thug characters, but with this character, even though I play a thug somewhat, he's really a guy going through a transition."

The 37-year-old Ja Rule,

born Jeffrey Atkins, said he put on 30 pounds in jail and read a number of books.

He also earned his GED and said ex-New York State Comptroller Alan Hevesi and ex-Tyco International CEO Dennis Kozlowski urged him to pursue higher education.

"It's really minimum — all of the fame, the movies and the music. When you're behind that wall, all that be-

comes very minimum," said Ja Rule, who burst onto the music scene in 1999 and released back-to-back multiplatinum and platinum albums.

"I was more focused on getting my mind right, getting my body right, more thinking about my family. Those are the things you cherish."

Ja Rule became known for hip-hop jams that became

Background

Looking back on Ja Rule's career.

- **The beginning.** Atkins began his rap career in 1993 with the Cash Money Click group.
- **Where he started.** In 1995, he made his first appearance on Micronimo's Time to Build. It also featured Jay-Z and DMX, who were also just getting their start in their rap careers.

Hard knock life

"I was more focused on getting my mind right."

Ja Rule
Talking about the troubles he's been in

Top 40 successes, including No. 1 hits with Jennifer Lopez and Ashanti.

He earned a number of accolades, including four Grammy nominations. He said he's still excited about recording, but he wants to focus on TV and film. "I love music, it's my passion," said Ja Rule, who independently released Pain Is Love 2 during his incarceration last year but put up subpar numbers. "This is my second wind right now, and I'm happy to be home, but I think as I'm getting older, my passion is leaning toward doing more television and film." **THE ASSOCIATED PRESS**

Deltron 3030 returns back to the planet of rap

Music. Hip-hop supergroup back with album that is rife with their planet-sized ambition and a depth of topic rarely seen



Members of Deltron 3030. CONTRIBUTED

It's been 13 years since Deltron 3030's otherworldly debut beamed down, seemingly out of nowhere — a stardust-encrusted piece of alien tech, its space boots gleefully out of step with anything happening in mainstream music at the time.

Del the Funky Homosapi-

en, the deviously clever rapper, fronted that hip-hop supergroup with Canadian turntable maestro Kid Koala and famed production mad scientist Dan the Automator. The long, long-awaited result is the appropriately titled

Deltron 3030: Event II, and it's actually — really! — out this week after more than a decade of false starts and delays that simultaneously frustrated and intrigued the group's cultish fan base.

THE CANADIAN PRESS

ENTER TO WIN SCREENING PASSES TO SEE MACHETE KILLS

MACHETEKILLS.CA #MACHETEKILLS
FACEBOOK.COM/VVSFILMS
TWITTER.COM/VVS_FILM

VVS FILMS

VISIT clubmetro.com TO ENTER

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

**WATCH VISIONTV &
WIN A TRIP FOR 2 TO
PRINCE EDWARD ISLAND**

Road to Avonlea™

Marilyn
Lightstone

Weeknights at 6pm ET

Watch weeknights at 6pm ET and spot the "Anne-a-gram" puzzle. Solve it and enter for your chance to win a trip for 2 to Prince Edward Island.



PLUS A \$2000 shopping spree of Road to Avonlea, Anne of Green Gables, and Wind at My Back DVDs and merchandise at **SHOPATSULLIVAN.COM**

**sullivan
entertainment**



ZOOMERTV
NEWS • MOVIES • MUSIC • FAITH

Rogers 61/95/96/237 | Bell FibeTV 213 | BellTV 261
Shaw Direct 394 or check your local listings

visiontv.ca

Sarah
Polley



metro

24

metronews.ca
Thursday, October 3, 2013

Even cancer can't stop Def Leppard from rocking on

Hysteria. Band takes their mega-hit album and brings it to the big screen

Rocking with Def Leppard between bouts of chemotherapy proved healing for guitarist Vivian Campbell.

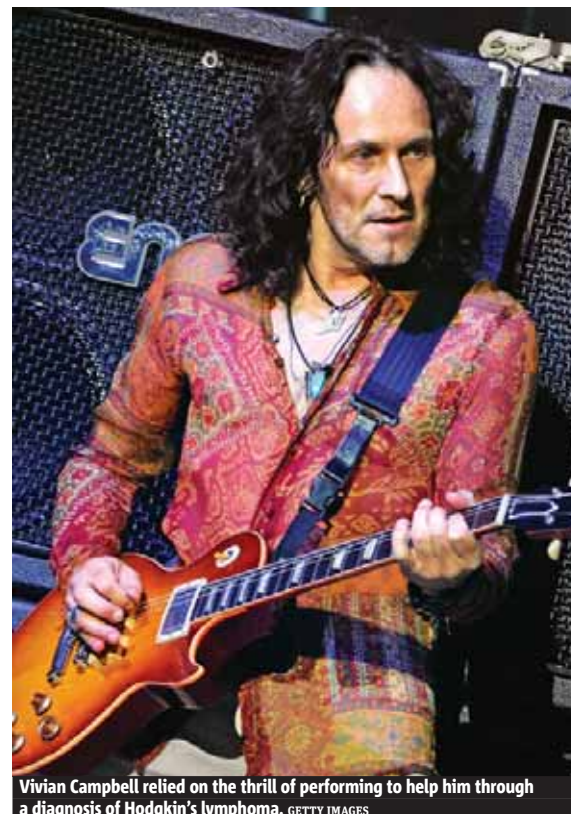
The 51-year-old musician relied on his bandmates and the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma (he started treatment in April). The band hit the road this summer for a monthlong tour that wrapped in July.

"We've actually been able to work through it," said Campbell. "We did the shows in Europe while I was doing chemo ... and mentally that was a big part of my recovery."

"I'm glad I had the opportunity to work through it instead of stay at home and feel sorry for myself."

After more than 30 years together, Def Leppard isn't slowing down for cancer — or anything else.

Fans can get a front-row seat to see the band at local cineplexes on Wednesday and Thursday and again next week in Def Leppard Viva! Hysteria Concert. Filmed during a Las Vegas residency earlier this year, it shows the quintet doing some-



Vivian Campbell relied on the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma. GETTY IMAGES

thing unprecedented: performing the 1987 mega-hit album, *Hysteria*, live from start to finish.

"It was fun, actually, and a totally different way of doing it," said guitarist Phil Collen. "It was a different dynamic doing the album in full, and it was much more theatrical."

Part of the theatrics came in the form of Ded Flatbird. Singer Joe Elliott suggested the band open for itself during its first-ever Vegas residency, but do it as a fake cover band.

"We would actually go out and pretend to be Ded Flatbird, who were supposedly the greatest Def Leppard cover band in the world," said Campbell. "Joe gave us all aliases. We became different characters, and as the shows progressed, we kind of developed those personalities a little bit more, and that was a fun part of the show..."

"Then, of course, the curtain reveal and it's Def Leppard doing *Hysteria*."

Ded Flatbird performed

A convincing cover

The band talks about pretending to be a Def Leppard cover band.

- **Drummer Rick Allen.** "We were so convincing that a lot of people didn't actually realize it was us. We actually got booed by a few people."
- **Guitarist Vivian Campbell.** "Because we went out and found another one-armed drummer," he quipped. (Allen lost his left arm in a car accident in 1984).

nightly during the nine-show engagement, playing obscure material from the early days of Def Leppard and other tracks apart from the *Hysteria* album. Ded Flatbird's performances are included in the double CD and DVD set, *Viva! Hysteria*, out on Oct. 22.

THE ASSOCIATED PRESS



Playboy Clooney's model behaviour bags him yet another young beauty

It looks like George Clooney is completely over Stacy Keibler, if his reported sleep-over with Croatian model Monika Jakisic at his L.A. mansion last week is any indication. The pair "spent hours talking and have an incredible connection," a source tells Us Weekly. That connection apparently began at a London nightclub back in May — two months before Clooney officially split with Keibler — where he and Jakisic "danced and held hands," according to the source. "He's been calling and texting her ever since."



George Clooney

Do not be alarmed, people of the U.K. — it's just Brad Pitt in his tank



Brad Pitt. ALL IMAGES GETTY

Brad Pitt's latest Second World War film, *Fury*, involves him spending a lot of time in a tank, so it's no surprise that residents of the U.K. town where they're filming have been warned about "loud and unexpected noises" and "intermittent controlled gunfire and explosions" during production, according to the Telegraph newspaper. "We wanted to warn people in advance so that they are not alarmed, but also we don't want people ringing the emergency services," a studio spokesperson says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Don't Give the role! Swift will ruin one of my favourites

ALEXANDRA M. CAVALLIO

Metro World News in NYC

As most of you probably know by now, Taylor Swift has been cast in a small role in the upcoming film adaptation of Lois Lowry's iconic YA novel *The Giver*. I say iconic because this book, like, defined my fourth grade year. So, when I heard that T.

Swift — she of the never-ending odes to the bad, bad boys who shattered her achy breaky heart and the non-existent acting chops (you guys saw Valentine's Day, right? Oh, no? Me neither) — was going to make an appearance in a *Giver* movie, I was a little affronted. And by a little affronted I mean I was all, "Say whaaat now?" and SMH dramatically at my laptop. Especially because the rest of the cast is shaping up to be pretty alright — Jeff Bridges as the title carrier of all the world's pain and the inimitable Meryl Streep as the village matriarch responsible for assigning roles to the children when



they come of age. Katie Holmes is apparently slated to play Jonas' mother, which I'm also not too psyched about but hey, she sort of lived the real life version of a woman brainwashed into believing a totally altered and whitewashed way of life was normal, so maybe she'll bring some real authenticity to the role. Swift is apparently going to play Rosemary, the girl who was supposed to become the next *Giver* before Jonas. And that's the only reason I haven't written a strongly worded letter to the casting director yet. I can take consolation in already knowing how she fares (spoiler alert: not well).

Twitter



@MorganSpurlock

With more than 800,000 government workers now off the clock, why are the jackasses who got us here still getting paid?



@MarlonWayans

The purge! Urlllllllll Get it out. Physical extraction spiritual release blahhhh! Ahhhh!



@josswhedon

I'm not "book smart", and I'm not "street smart", but I'm... I, uh — which was the one with books? I have that.



Michelle Rodriguez

Rodriguez finally and bluntly reveals sexuality

Michelle Rodriguez has finally decided to put an end to years of speculation about her sexuality. "I don't talk about what I do with my vagina, and they're all intrigued," she recently told *Enter-*

tainment Weekly. "I've never walked the (red) carpet with anyone, so they wonder, 'What does she do with her vagina?' Plus, I play a butchy girl all the time, so they assume I'm a lesbo. Eh, they're not too far off. I've gone both ways. I do as I please. I am too f—ing curious to sit here and not try when I can. Men are intriguing. So are chicks."

THE REWARDS
YOU WANT

20x
faster

SATURDAY, OCTOBER 5

20x
THE SHOPPERS
OPTIMUM POINTS®

WHEN YOU SPEND \$50 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*



FREE
feels good



SHOPPERS
DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain cocaine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 2013 Shoppers Drug Mart Ltd.

Au revoir to the runway

Another season of style has taken us to New York, London, Milan and finally, Paris. We conclude Spring/Summer 2014 fashion month with a look at France's most fabulous and forgettable offerings.

KENYA HUNT
Metro World News



Stella McCartney

Stella McCartney took a more relaxed, understated route for spring, working with longer silhouettes in single-tones. There was a very clear no-nonsense quality about the clothes, even with the more decorative skirts that had the peek-a-boo slits across the thighs. These were clothes for the woman who wants to look fashionable, but doesn't want to think about her outfit once she's put it on.

Chanel

Karl Lagerfeld's sophisticated tweed suits and younger urban dresses, all in saturated colours and painterly graphics, were the polar opposite of last season's work, which was darker and filled with Karl's rocker-edged trademarks. Watching the show, you got the sense that it was about having fun and enjoying the act of dressing up — how can you not in, say, a dress covered in multi-coloured tiers made to look like silk Pantone chips? It's display on an even grander scale than the pedestal treatment a sculpture may get in a gallery. And if you're going to show off, what better thing to wear than Chanel?



Saint Laurent Paris

Say what you want about Hedi Slimane, but you can't deny that he seems to know what women are in the mood to wear. Critics were on the fence about his last collection, which brought back grunge. Grunge at Saint Laurent? Isn't that blasphemy? The clothes are undeniably cool and sexy, but Isabel Marant already got there first. No matter, this updated take on that French rocker girl je ne sais quoi will be all over Zara and the like come March, if not sooner.

Chloé

Clare Waight Keller's clothes were refreshingly devoid of any bold graphics and prints, and yet it still had that feel-good quality that has characterized the shows this week. There wasn't a crystal or sequin in sight. Instead, she showed single-colour, easy-to-wear separates and dresses in a range of desert tones that were like a palette cleanser after the gilded, print parade we've seen this week. Best of all, it will give some much needed variety to the shop floors next spring.



Akris

This collection ran into trouble with the prints, which made the clothes look more like something you'd see in Banana Republic than on a Paris runway. The wrong print can cheapen a well-made piece. Other moments, though, such as an ivory v-neck sundress with sheer grids and a white coat dress with curved, sculptural tiers looked pretty, timeless and flawless — perfect for someone like, say, Princess Charlene of Monaco who sat front row.

LIVE-IN SUPERINTENDENT NEEDED

Live-in superintendent required for 150 unit apartment building in downtown Halifax. Candidate must be able to perform building maintenance and minor repair work. Must be able to work independently, but will report to managers regularly. There will be a full duty list provided during the interview process. Successful candidates should have basic knowledge of drywall repairs, and minor plumbing. Experience an asset.

Please e-mail or fax resume.

E-Mail: office@zegasgroup.com

Fax: 905-201-1905



TOP SIX @ 6

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Lady GaGa Applause
- 5 Avicii Wake Me Up
- 4 Lorde Royals
- 3 Drake Hold On, We're Going Home
- 2 Miley Cyrus Wrecking Ball
- 1 Katy Perry Roar



1013TheBOUNCE.com | info@1013thebounce.com

HARBOUR VISTA APARTMENTS

NEW BUILDING

One and Two Bedroom
Apartments from
\$900/Month.
Includes infloor heating,
h/w, balcony, 6 appliances.

Occupancy NOW
to November 1st.
ONE MONTH
FREE RENT

5 corners near downtown. Harbourvista Apts.

222 Portland St • 809-2221 • www.harbourvista.ca

House or condo. Which is right for you?



LESLEY SCORGIE
For Metro

If you love the thought of hosting backyard barbecues and you don't mind cutting the lawn, freehold home ownership will probably work for you.

Freehold ownership is

where you own both the physical land and the home on the land. This means you have full control over the property, subject to any local land-use bylaws, Crown rights or other restrictions communicated to you at the time of purchase. As long as you don't break any laws or violate permitting limitations you can do almost anything to the property, from remodelling, to planting

a garden to building a fence.

Freehold ownership also means the owner is responsible for maintaining the yard, interior and exterior of the property. But if you don't keep up with predetermined neighbourhood permits, codes and standards, local residents can submit their complaints and the city can issue you warnings.

If, on the other hand, the

sight of hedging sheers causes you goosebumps, you may want to consider a condominium.

With condominium ownership, you own the unit you live in and share in the ownership of common space within your building. Each month, unit owners pay fees to maintain and improve the building.

Condominiums are typ-

ically governed by a board of directors comprised of select unit owners, and the day-to-day activities like lawn maintenance and window cleaning are managed by a property manager who is employed by the board.

Because you don't own the building in a condo, you are limited in what can be changed. For example, if you want to install a hot tub on

the balcony of your 21st-floor apartment, you would likely need to seek approval from the condominium board prior to hiring a crane. And condominiums have rules about things like noise and pets.

For many individuals that travel, condominium living is perfect. They simply lock the door to their unit and jet set to their destination knowing their property is secure.



A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point. ISTOCK/THINKSTOCK

Negotiations are part of the process

In many cases, your initial offer to purchase is simply a starting point for negotiating. Often, the seller will counteroffer, which means they will ask for aspects of your initial offer to be amended, such as the price, deposit or conditions. Buyers and sellers continue to swap offers and counteroffers until they have reached an agreement or choose to walk away from the deal.

When making an offer, protect yourself and your finances by leaving emotions out of the equation and knowing your limits in terms of affordability and conditions. Clearly defining a "walk-away" point will also help guide the process.

When the negotiations begin, ask for what you want, but be realistic. Don't offer \$100,000 for a property worth \$1 million. Base your offer on facts by reviewing and presenting information on comparable properties from realtor.ca.

If it's a buyer's market, disclose that you are interested in other properties. If it's a seller's market, put a human

face to the process and write a personal letter to the seller.

Throughout the process you will learn the seller's needs and can negotiate based on those.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point.

The interest rate and terms of your mortgage are also up for negotiation. Follow these steps:

- Research current rates and terms by reviewing multiple websites of financial institutions. Also check out ratehub.ca for the best rates across Canada.
- Speak to a mortgage representative or manager, and ask for a better rate. Keep what you researched in mind during your discussion. Most credit grantors will try to work with you to earn or keep your business, especially if you are a good client.
- To strengthen your position, present a competitive offer that your lender could match.
- If the lender doesn't want to play ball, take your business elsewhere. **LESLEY SCORGIE**



RBC Royal Bank

Chop 1/2% off your home equity credit line.



Switch and drop 1/2% instantly.

We'll even cover your switching costs*.

Switch to an RBC Homeline Plan® credit line at Prime + 1/2%. You could save as much as \$5,000 in interest payments†. Get your rate in shape today.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. †Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Royal Bank of Canada Prime Rate is 3.0% as of August 7, 2013. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. ©/™Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.



Saving seeds from a Gardener's Delight variety of heirloom tomato in New Paltz, N.Y. The first step in saving tomato seeds entails nothing more than squeezing a bit of the seed-gel mix out of the cavity of a tomato fruit into a glass. No need to sacrifice eating the rest of the fruit! LEE REICH/THE ASSOCIATED PRESS

Save your seeds to sow the garden you want next summer

Gardening. Reusing seeds saves money and ensures you'll see your favourite plants again next year

September finds gardeners saving seeds from this year's best sweet peppers and most colourful flowers to plant in next year's garden.

Why? Saving their own seeds from year to year gives them a bit of independence from seed companies, which, for one reason or another, may stop offering certain varieties. It's also a way to maintain an annual supply of seeds that seed companies never offer, such as some of the so-called heirloom varieties handed down for generations among families and neighbours.

Avoid hybrids

Unlike heirloom seeds, which

are self-pollinating, seeds taken from a hybrid plant will not, when planted, yield plants the same as the parent plant. Take the seeds out of a hybrid sweet pepper, such as Candy Apple, and you will not get Candy Apple fruits on those plants next year. So you must buy seeds of hybrid varieties if you want those specific varieties.

Give it time

If you choose to save seeds from your own garden plants, select plants that are healthy.

Let fruits or flowers mature, whether they are the dry pods of bean plants or radish plants, the fruits of pepper or cucumber plants, or the dry seed heads of marigolds or zinnias.

No need to do anything with the dry seeds you pop out of radish pods or rub from the heads of marigolds, except to pack them away.

Cool, dry conditions keep

And next year?

- What kind of plants you end up growing next year will depend on whether the seeds you collect are from hybrid plants, and whether the seeds are from plants that self-pollinate or cross-pollinate.
- The most predictable outcomes from saved seeds will be from non-hybrid plants that have not cross-pollinated or do not do so readily, such as heirloom varieties of tomatoes and peppers.

seeds at their best in storage. Small envelopes are good for storing small seeds such as tomato, pepper and radish. A jar is a good long-term home for larger seeds such as beans and corn.

THE ASSOCIATED PRESS

Put down the boxed mac and cheese and no one gets hurt

"The whole wheat noodles and sweet potato up the nutritional score of this recipe, but it's as creamy and satisfying as a more traditional mac and cheese," writes Ceri Marsh in *How to Feed a Family*.

"I first made it when I needed to bring a dish to the Christmas potluck at (my daughter) Esme's daycare a couple of

years ago. It's great any time you have to feed a big gang."

1. Cook the pasta according to the package instructions.

2. In a large heavy-bottomed saucepan, melt the butter over medium-low heat. Sprinkle the flour over the butter, stir and allow to cook for a minute or two. Now slowly add the milk, stirring continually to stop the sauce from lumping up. If it's not thickening, nudge the heat up just a bit. Now add the cheeses and stir as they melt. Add the puréed sweet potato and stir well to combine. Taste before seasoning with salt and pepper.

3. In the last 2 minutes of the pasta's cooking time, add the frozen peas. (Who needs to dirty another pot?) Drain the pasta and peas in a sieve. Pour the cooked pasta and peas into the pot with sauce and give

Ingredients

- 3 cups (750 ml) whole wheat macaroni
- 4 cup (60 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) shredded cheddar cheese
- 5 cup (125 ml) grated Parmesan cheese
- 1 cup (250 ml) canned sweet potato purée
- Salt and pepper
- 1 cup (250 ml) frozen peas

Sweet Potato Mac & Cheese



This recipe serves eight. PHOTOGRAPHY COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE.

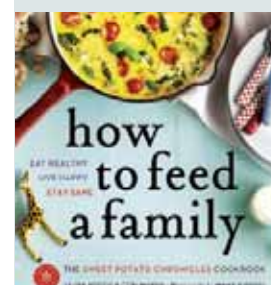
everything a good stir. Serve straight from the pot into bowls.

RECIPE FROM *HOW TO FEED A FAMILY: THE SWEET POTATO CHRONICLE COOKBOOK* BY LAURA KEOGH AND CERIE MARSH. PHOTO-

GRAPHS BY MAYA VISNYEI. COPYRIGHT © 2013 SWEET POTATO CHRONICLES.

Cookbook of the Week

Make them come running to the table



Since the success of their site sweetpotatochronicles.com, a cookbook was a natural next step for working moms Ceri Marsh and Laura Keogh.

As with their site, in *How to Feed a Family* the two offer recipes tailored specifically to families. They are simple, fast, easy-to-follow and use ingredients that are readily-available at local grocery stores.

Interspersed with the recipes are parenting tips and advice to encourage happy mealtimes for the whole family. METRO



Mooseheads netminder Zach Fucale and the new mask he's sporting this season. JEFF HARPER/METRO

The man behind the mask

QMJHL. Herd's No. 1 netminder wearing his new helmet as a means of self-expression



ANDREW RANKIN
andrew.rankin@metronews.ca

From a distance, Zach Fucale's new goalie mask is simply a shining, esthetically pleasing blend of the Halifax Mooseheads' team colours: red, green and gold.

But upon closer inspection, it acts as an insight of sorts

into the Herd's No. 1 goalie.

"Most every goalie takes a lot of pride in that, having their helmet customized," said Fucale following a recent practice. "That's the perk of being a goalie: You have a helmet as you want it. It represents them."

The 18-year-old Montreal native is no different, wearing the helmet, that took the summer and beyond to perfect, with pride and as a means of self-expression.

The green and bordering red swaths running down the front of the mask feature a trio of detailed artworks: a pair of battling moose with antlers

This mask is ssssmokin'

"Sylvie (Marsolais) did an amazing job and I'm really happy about it. I hope the fans in Halifax like it, too."

Mooseheads netminder Zach Fucale

interlocked, as well as an aerial shot of Citadel Hill and its accompanying town clock.

Each is a nod to the history of a city and a team where Fucale has enjoyed much success and good fortune.

The helmet's back plate is

more a reflection of Fucale the person, featuring a series of symbols in tribute to his loyal and sprawling family.

"My Italian family is very big and they've been really happy for me and all the hockey I've played so far," he said. "For me, it's important to remember that."

That explains the Italian flag that spreads across the back plate and the initials of his family members, each spelled in golden letters: FCJJR.

It also boasts a pair of his guiding mottos: "Win the Day" and "Create the Edge," the latter of which was a mantra for Fucale and the 2013 President

and Memorial Cup winning Mooseheads.

The artist behind the mask is Sylvie Marsolais. Living close to each other in Montreal, the pair worked together through the summer perfecting the design. Fucale, who admits he's a tad artistically challenged, threw out some ideas and let Marsolais go to work. From there they went about perfecting it.

"It was about coming up with little themes and making them work and blend," said Fucale. "I thought she did a great job reflecting who I am, combining the colours ... it looks great."

NBL Canada. Rainmen add Canadian guard to roster

The Halifax Rainmen have made yet another signing.

For the third straight day, the National Basketball League of Canada team announced a new player, the latest being six-foot-five shooting guard Stephen Sir of Edmonton.

Sir played professionally

last season in Romania, averaging 12.2 points per game and leading the league in three-pointers made.

Sir has also played professionally in Mexico, Germany and Switzerland, as well as in his hometown with the Independent Basketball League.

METRO

Rob Jubenville

Huskies defensive lineman lands CIS honours

Saint Mary's defensive lineman Rob Jubenville is the defensive player of the week in Canadian Interuniversity Sport football.

The fifth-year business student from Oshawa, Ont.,

recorded four quarterback sacks in the Huskies' 25-13 home victory over the St. Francis Xavier X-Men last week. He also had 5.5 tackles and assisted on a forced fumble.

Jubenville is tops in the CIS with eight sacks in four games.

Saint Mary's is back in action on Saturday when they host the Acadia Axemen at 2 p.m. **METRO**



Rob Jubenville METRO FILE

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1 866 **499-5629**

And get cash now!!
www.mynextpay.ca

4-SPORTS

Cole Harbour's T.J. Grant on a slow road to recovery

UFC. Lightweight contender continues to move further away from title shot

A star athlete from Cole Harbour sidelined by a concussion at the peak of his game.

It's not a new story, but this time the athlete in question is UFC lightweight contender T.J. Grant rather than hockey superstar Sidney Crosby.

The 29-year-old mixed martial arts fighter missed out on an August title shot and has had to pass on another slated for December while he waits to feel normal.

Ask Grant these days how he is feeling and the answer is not simple.

"Not too bad. Feeling all

In recovery

"Especially earlier on, I had difficulty concentrating, just carrying on a conversation with somebody."

T.J. Grant on his lingering concussion

right," he said in a recent interview. "It could be better.... I'm a lot better now than I was, that's for sure."

Some days, it feels like one step forward, two steps back. But despite the occasional setback, the hard-nosed fighter says he is still on the road to recovery.

"Progress is getting a little slower again. But it was going pretty good," he said.

He says he does some "light

activity ... to keep myself from going crazy."

Grant (21-5) was riding high after knocking out Gray (The Bully) Maynard two minutes seven seconds into their May 25 showdown at UFC 160. That earned the Canadian a shot at then-champion Ben (Smooth) Henderson.

But two weeks later, Grant was hit in the head by his training partner's foot during a jiu-jitsu session. Later in the session, he used his head to stop a sweep and was hit again.

Grant, ranked third among lightweight contenders, was on a roll having won five straight since dropping down to 155 pounds from welterweight.

In the meantime, the December title shot has been given to No. 4 Josh Thompson.

THE CANADIAN PRESS



Twirling into the finals

Halifax's Elisabeth Black performs on the balance beam during qualifiers at the artistic gymnastics World Championships in Antwerp, Belgium, on Wednesday. Black finished 10th in the women's all-around qualification and eighth on floor, advancing her to the finals in both. The event runs through the weekend. YVES LOGGHE/THE ASSOCIATED PRESS

NHL

Bolland, Bernier lead Leafs to win

Dave Bolland scored twice and Phil Kessel added a goal to lead the Toronto Maple Leafs to 3-1 win over the Philadelphia Flyers on Wednesday night.

The Maple Leafs are off to a 2-0 start and spoiled Philadelphia's season opener one night after ruining Montreal's. Jonathan Bernier stopped 31 shots for the Maple Leafs.

THE ASSOCIATED PRESS

MLB

Rays blank Indians in wild-card win

Alex Cobb dodged trouble for nearly seven innings and the Tampa Bay Rays pitched their way to another must-have win on the road, beating the Cleveland Indians 4-0 on Wednesday night in the AL wild-card game. Cobb quieted a thundering Cleveland crowd and ended the Indians' unexpected season.

THE ASSOCIATED PRESS

Neptune Theatre
GEORGE POTHITOS artistic director

David Iyashon, Genevieve Steele and Stephen Gartner
Photo by Timothy Richard Photography

THE COMEDY OF ERRORS

BY WILLIAM SHAKESPEARE

Metro News' Aly Thomson writes, "A slice of Greece"

NEPTUNETHEATRE.COM 429-7070 until OCT 13

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.

Jacksonville at St. Louis, 1 p.m.

New England at Cincinnati, 1 p.m.

Kansas City at Tennessee, 1 p.m.

Baltimore at Miami, 1 p.m.

New Orleans at Chicago, 1 p.m.

Philadelphia at N.Y. Giants, 1 p.m.

Detroit at Green Bay, 1 p.m.

Carolina at Arizona, 4:05 p.m.

Denver at Dallas, 4:25 p.m.

San Diego at Oakland, 4:25 p.m.

Houston at San Francisco, 8:30 p.m.

NHL

Wednesday's results

Toronto 3 Philadelphia 1

Detroit 2 Buffalo 1

Anaheim at Colorado

Tuesday's results

Toronto 4 Montreal 3

Chicago 6 Washington 4

Winnipeg 5 Edmonton 4

Thursday's games

Calgary at Washington, 7 p.m.

Tampa Bay at Boston, 7 p.m.

New Jersey at Pittsburgh, 7 p.m.

Los Angeles at Minnesota, 8 p.m.

Nashville at St. Louis, 8 p.m.

Florida at Dallas, 8:30 p.m.

NY Rangers at Phoenix, 10 p.m.

Vancouver at San Jose, 10 p.m.

Friday's games

Calgary at Columbus, 7 p.m.

Detroit at Carolina, 7 p.m.

Ottawa at Buffalo, 7 p.m.

NY Islanders at New Jersey, 7 p.m.

Los Angeles at Winnipeg, 8 p.m.

Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Wednesday's result

AL: Tampa Bay 4 Cleveland 0

Tuesday's result

NL: Pittsburgh 6 Cincinnati 2

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Tampa Bay winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)

ATLANTA VS. LOS ANGELES

Thursday's game — All Times Eastern

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. PITTSBURGH

Thursday's game — All Times Eastern

Pittsburgh at St. Louis, 5:07 p.m.

Horoscopes

Aries

March 21 - April 20

If a friend or colleague insists on what you think is a silly course of action, don't argue about it. Your best strategy is to agree with every word they say. Come tomorrow, they will have forgotten about it.

Taurus

April 21 - May 21

Most times you manage to get your way but today others are determined to deny you what you want. There will be a few cross words before the sun sets. Most will come from you.

Gemini

May 22 - June 21

You feel left out. Everyone but you seems to have something important to do. Why not turn it to your advantage? If others are too busy to watch you then you're free to do as you please.

Cancer

June 22 - July 23

Is a certain relationship worth the effort? That is the question you will be asking yourself today but you must not come to any hard conclusions just yet. Come tomorrow, it won't look as bad as it does now.

Leo

July 24 - Aug. 23

You may be eager to spend money, if only to cheer yourself up, but your extravagance could backfire on you later in the month when various bills have to be paid and you don't have the cash. Be prudent.

Virgo

Aug. 24 - Sept. 23

Try to view a negative situation in a positive way. Most of the "problems" you encounter are not really problems, just everyday events that you have allowed to balloon in size.

Libra

Sept. 24 - Oct. 23

You won't be in the most trusting of moods today. You seem to believe that even your allies are plotting against you. It's all nonsense, of course, and by the end of the week you'll be the best of friends again.

Scorpio

Oct. 24 - Nov. 22

Today's difficult cosmic picture may incline you to gloom and doom but don't let downbeat thoughts take over your mind. Make a list of all the things you have to be thankful for.

Sagittarius

Nov. 23 - Dec. 21

Don't take it to heart if certain people pour scorn on your ideas. It doesn't mean they don't think you are capable of reaching your goals. On the contrary, they know you are and that's what worries them.

Capricorn

Dec. 22 - Jan. 20

Today's Sun-Uranus link may tempt you to scrap everything and start again from scratch but is that smart? Think of all the remarkable things you have done over the years. Don't waste all that good experience.

Aquarius

Jan. 21 - Feb. 19

You would love to escape your everyday environment. So why don't you? Pack an overnight bag and head off into the wild blue yonder. Short-term escapism isn't bad.

Pisces

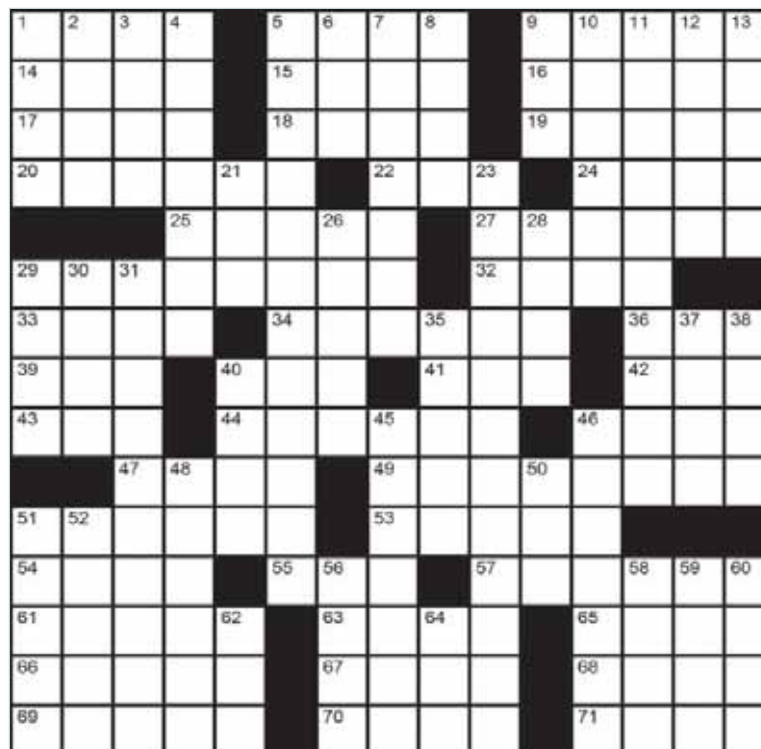
Feb. 20 - March 20

The Sun at odds with Uranus, planet of the unexpected, could bring a nasty financial surprise, but don't panic. Cash flow may be slow but it's not the end of the world. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Puffy lil' props
- Networks
- "Pretty Bad Boy" is by which Canadian band?
- Canadian country songstress Ms. Yates
- Mine passage
- Intro-to-French verb
- Lang. of Rome
- "Hard Core ____" (1996)
- Wait on
- Canadian football trophy, ____ Cup
- Chapeau: English
- Canadian rebel Louis
- ____ finalis (Purpose, in Latin)
- Devices for detecting
- City in Quebec
- Aware of, as a surprise: 2 wds.
- Its capital is Muscat
- Soap brand
- o Meridian letters
- Driveway covering
- Scribble something swiftly
- Not he
- Particular loaf
- UK record label
- Ironed pants lines
- Director Mr. Reiner
- Margarine
- Treason
- Harmless, health-wise
- Skincare formula



- Souls: French
- Nevertheless
- Drummer on "The Muppets"
- Coffee serving
- Deeply absorbed
- Volcanic rock
- Traditional toys
- Prie-____ (Prayer

- bench)
- "The ____ in Winter" (1968)
- Rosebud, and others
- Adam & The ____
- Prince Charles' sister

Down

- 154 in ancient Rome
- Wee bit
- Mommy's mom, mini-ly
- California's techie region, ____ Valley
- Arctic animal group-

- ing sight: 2 wds.
- Tokyo, once
- '80s rocker's coiffure look: 2 wds.
- Ancient portico of Greece
- Car's fill up
- Exceed
- Oscar Wilde novel,

- The Picture of ____
- Scuba-using person
- Mr. Hersher's of baseball
- H₂O, in Hull
- Seven-time WWE women's champ from Richmond Hill, Ontario: 2 wds.
- Glide on ice
- L' ____ aux Meadows
- Memorization method
- Islamic leader
- Puppet-on-strings
- Founded in 1946, ____ Lauder
- "____ Breckinridge" (1970)
- Recount
- PC image file format
- Fast from
- Prince Charles' wife
- Put for sale, as a house
- Flee
- Resists
- Internet letter
- Earth goddess in Richard Wagner's opera Das Rheingold
- City's central street
- Makeup company
- "Penny ____" by The Beatles
- Feminine suffix
- Monogram of our 15th Prime Minister

Yesterday's Crossword

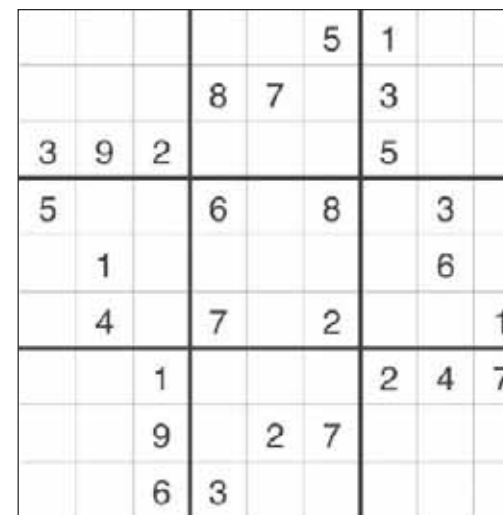


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

18°/9°
Sunny

Friday

16°/9°
Mainly sunny

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

TWN incorporates MSC data

grapevine
personals.com

FREE OFFER

FRIENDSHIP // DATING // LOVE

902.491.1600

Other cities: 1.877.CHAT.810

Text "VINE" to 96669 \$5/90 min

1.900.783.3333
123/90 minutes

nightline

where naughty is nice

60 MINUTE FREE TRIAL

902.444.5533

OTHER CITIES 1.877.834.4044

Text "SCORE" to 86668 18/10min

1.900.551.5555
\$25/50min

1.800.783.3333
123/90 minutes

NIGHTLINECHAT.COM

CruiseLine.ca

ALL MALE COAST TO COAST

CALL NOW FREE TRIAL

902.431.6725

Other cities 1.877.882.2010

1.900.561.8888 (75 MIN/\$25) TEXT "CRUISE" TO 96669 (10 MIN/\$5)

*18+ Restrictions Apply

TAYA!CHAT

NORTH AMERICA'S FIRST PANSEXUAL CHAT LINE!

CALL 1 866 292 8293

MY NISSAN CLEAROUT DRIVE 2013

ONLY AT O'REGAN'S NISSAN

ON OTHER SELECT 2013 MODELS

0% FOR UP TO **84** MONTHS*
FINANCING **OR**
UP TO **\$13,000**
IN CASH DISCOUNTS



Innovation
that excites



The 2013 **NISSAN ROGUE**
UP TO **\$5000 OFF**



The 2013 **NISSAN ALTIMA COUPE**
UP TO **\$6000 OFF**



The 2013 **NISSAN TITAN**
\$13,000 OFF CASH PRICE

The 2013
NISSAN MAXIMA
UP TO **\$6000 OFF**



The 2013
NISSAN FRONTIER
UP TO **\$3000 OFF**



The 2013 **NISSAN SENTRA &**
The 2013 **NISSAN ALTIMA SEDAN**

0% APR FOR **60** MONTHS



PLUS SPECIAL INTRODUCTORY OFFER

The All-New 2014 **NISSAN VERSA NOTE**
BEST-IN-CLASS TOTAL INTERIOR VOLUME

FINANCE FROM **\$78** FOR **84** MONTHS
BI-WEEKLY* PLUS TAX AND FEES



OFFERS END OCTOBER 31ST

*Finance terms and interest rates vary as dictated by Nissan Canada. Fixed interest rates vary depending on length of term of contract. Some models have discounts available in lieu of subvented interest rates from Nissan Canada. See O'Regan's Nissan for full details and options. Vehicle may not be exactly as shown. Offer ends October 31st 2013.



O'REGAN'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX • 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH • 60 BAKER DRIVE, UNIT C • 902-469-8484
WWW.OREGANSNISSAN.COM